

Breakfast | Snack

# Berry Burst Smoothie

Side Effect: Weight Loss/Low Appetite

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**2**  
Servings

**306 Calories** **5g Fat** **57g Carbs** **13g Protein**



## Ingredients

**2 Servings** **5 Mins Total Time** **Allergens: Soy, Dairy**

**½ Cup Uncooked Oats**

**1 Banana**

**½ Cup Frozen Blueberries, rinse before using**

**8 Frozen Strawberries, rinse before using**

**½ Cup Frozen Raspberries, rinse before using**

**1 Cup Vanilla Soy Milk**

**½ Cup Orange Juice, pasteurized**

**1 Scoop Protein Powder**

### Allergen Swap

**Soy** Omit soy milk, replace with cow's milk or a milk alternative.

**Dairy** There is a small amount of lactose in whey, a major component of many protein powders. If lactose intolerant, choose a plant-based protein powder alternative.



### Blueberries

Blueberries have more antioxidants than any other popular fruit or vegetable. Antioxidants help to protect healthy cells from free radicals in the body.



### Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function its best.



### Protein Powder

Protein powder is a great way to boost protein intake in your diet. This is important as protein needs may be elevated while undergoing cancer treatment.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Blend Ingredients

Place all ingredients in a blender and blend until smooth. Serve and enjoy!

### 3. Store

Refrigerate unused smoothie within 2 hours. Smoothie will keep for 1 day in the refrigerator.

### 4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Measuring Cup



Blender



Cups

### Fatigue Buster

- Freeze ripe, peeled bananas for a quick smoothie addition.
- Ask a friend or family member to help prepare this smoothie.