

Breakfast | Snack

Cherry Limeade Smoothie

Side Effect: Trouble Swallowing

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

123 Calories **1g Fat** **26g Carbs** **2g Protein**



Ingredients

2 Servings • **1 Cup** Serving Size **5 Mins** Total Time **Allergens: Nuts**

1 Medium-Sized Ripe Peach, **washed** and sliced ($\frac{3}{4}$ cup frozen peaches may also be used)

1 (heaping) Cup Unsweetened Frozen Cherries

$\frac{3}{4}$ Cup Unsweetened Vanilla Almond Milk

1 Lime, **washed** and juiced

Ice (if needed)

Optional Ingredients

Protein Powder Ground Flax Seeds

Chia Seeds Spinach

Allergen Swap

Nuts Replace almond milk with water or a dairy-free milk alternative



Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect DNA and the heart.



Smoothies

Smoothies are a great option for those with swallowing difficulties. They are cool, refreshing and the thickness can be adjusted by adding more liquids or frozen ingredients. They are also great for adding nutritional boosters, like protein powder.

Instructions

1. Wash Hands

Wash hands before making smoothie.

2. Combine Ingredients

Add all ingredients to blender and blend until smooth. Taste and adjust ingredients as needed.

3. Wash Dishes

Remember to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands when finished.

Recipe adapted from: minimalistbaker.com

What You'll Need



Knife



Cutting Board



Measuring Cups



Blender

- When energy levels are high, try packaging solid smoothie ingredients in a freezer bag to help reduce prep time in the future.