

Breakfast

High Protein Orange Whip

Side Effect: Weight Loss/ Loss of Appetite

5 Mins
Prep Time

0 Mins
Cook Time

1
Serving

350 Calories **5g Fat** **51g Carbs** **25g Protein**



Ingredients

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

1 Cup Orange Juice, **pasteurized**

½ Cup Pineapple Juice, **pasteurized**

½ Cup Low-Fat Cottage Cheese **ψ**

½ Cup Vanilla Soy Milk **ψ**

1 Scoop Vanilla Protein Powder **ψ**

1 Cup Ice

Allergen Swap

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

Dairy There is small amounts of lactose in whey, a major component of many protein powders. If lactose intolerant, choose a plant-based protein powder alternative. Omit cottage cheese and replace with ½ cup milk alternative (soy, almond, coconut) yogurt.

Nourishment Note



ψ Cottage Cheese

Packed with protein, cottage cheese has an impressive 28g per cup. It's mild flavor and smooth texture makes it a great, and often unnoticed, addition to many foods.



ψ Soy Milk

Compared to other milk alternatives, soy milk is higher in protein, boasting 8g of protein per cup.



ψ 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 blender and blend until smooth. Serve and enjoy!

3. 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 Cups



Blender



Cup

Fatigue Buster

- Purchase an orange-pineapple juice instead of two different types of juice.