

Breakfast | Snack | Lunch

# Power-Packed Smoothie Bowl

Side Effect: Weight Loss/Low Appetite

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Serving

**1029** Calories   **52g** Fat   **97g** Carbs   **47g** Protein



## Ingredients

1 Serving   5 Mins Total Time   Allergens: Nuts, Soy

12 Oz Vanilla Soy Milk

2 Tbsp Almond Butter

1 Tbsp Ground Flax Seed

1 Tbsp Coconut Oil

2 Tbsp Chia Seeds

1 Scoop Plant-Based Vanilla Protein Powder, such as Vega®

1 Cup Ripe Banana

1 Cup Strawberries, washed and stems removed

1 Cup Ice

½ Tsp Vanilla Extract

¼ Cup Granola, such as KIND® Peanut Butter Granola

### Allergen Swap

**Nuts** Replace the almond butter with sunflower seed butter.

**Soy** Replace the soymilk with a milk alternative or cow's milk.

### Nourishment Note



#### Chia Seeds

Chia seeds are a great source of omega-3 fats that may help with brain health. They are also a great source of fiber, calories, and protein. Foods high in calories may help prevent unwanted weight-loss, a common side effect in cancer treatment.



#### Ground Flax Seeds

Ground flax seed is more easily absorbed in the body compared to whole versions. Flax is high in healthy fats, specifically omega-3 fats that may help with brain health.



#### Coconut Oil

Coconut oil is a high-calorie food. High-calorie foods may help prevent unwanted weight loss, a common side effect with anti-cancer drugs and the cancer itself.



#### Almond Butter

Almond butter may be one of the best sources of Vitamin E. Vitamin E may help protect healthy cells from damage. Almond butter is also a great source of protein, fat, and calories. High-calorie foods may help prevent unwanted weight loss.

## Instructions

### 1. Wash Hands

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

### 2. Blend Ingredients

Add all ingredients, except the granola, to a blender and mix until smooth and creamy.

### 3. Serve & Enjoy

Pour smoothie into a bowl and top with crunchy granola and extra berries, if desired.

### 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



Blender



Measuring Cup



Measuring Spoons

### Fatigue Buster

- Ask a friend or family member to help prepare this smoothie recipe.