Smilow Cancer Hospital Nutrition Cookbook for Cancer Patients
Smoothies
Recipe: Cranberry Smoothie

Ingredients:

1 very ripe banana
1 cup fresh cranberries
1 cup nonfat milk
2 or 3 ice cubes

Notes: Makes 2 servings, 1 cup each
Directions:

Place banana, cranberries, milk and ice cubes in a blender; blend until smooth.

Nutrition: 117 calories, 0 grams fat, 25 grams carbohydrates, 5 gram protein, 4 grams fiber
Recipe: Pumpkin Smoothie

Ingredients:

1/2 cup pumpkin puree
1/2 very ripe medium-sized banana
3/4 cup fat-free vanilla yogurt (Oikos 0% fat Greek vanilla yogurt)
1 tbsp honey
1/2 tsp pumpkin pie spice
1/4 tsp vanilla extract
1 cup crushed ice

Notes: Makes 2 servings.

Nutrition: 167 calories, 0.7 grams fat, 34 grams carbohydrate, 3 grams fiber, 6.6 grams protein
Directions:

Place all ingredients in a blender and puree until smooth, making sure the ice is completely crushed.
Recipe: Apple Pie Smoothie

Ingredients:

1 cup unsweetened applesauce
1 cup unsweetened almond milk
1 teaspoon natural vanilla extract
1/2 teaspoon ground cinnamon
Very thin slice of fresh ginger (the equivalent of a “pinch”)
Pinch of nutmeg
Pinch of Sea salt
2 tablespoons ground flaxseed or chia seeds

Notes: Makes 1 serving.

Nutrition: 225 calories, 7.1 grams fat, 4.4 grams protein, 39.5 grams carbohydrates, 7.9 grams fiber