Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Nourishing Smoothie and Hot Latte Recipes

This information will help you make nourishing smoothies and hot lattes.

Homemade smoothies and hot lattes can help you get the protein, calories, and other nutrients you need before, during, and after cancer treatment. They're great to have with your daily meals and snacks.

If you're following a special diet, make sure to choose a smoothie or latte that meets your needs. We give examples of low-fiber, high-fiber, vegan, and allergy-friendly recipes.

During cancer treatment, it's most important to get the calories and protein you need to keep your body strong. Because of that, some of the information in this resource may seem very different from diet guidelines you usually follow. If you have questions, talk with your clinical dietitian nutritionist.

To learn more about making food choices during cancer treatment, read *Eating Well During Your Cancer Treatment* (www.mskcc.org/pe/eating-cancer-treatment).

Tips and tricks

- Freeze ripe fruit in bags or containers so you can use them in your smoothie recipes later.
- Get your ingredients ready ahead of time. Store solid ingredients in the blender container in the refrigerator. This makes it easy to have them ready to add liquid and blend when you need them.
- If you can't drink a full serving, make half a recipe or store some of what you

make for later. Smoothies will last for 1 or 2 days in the refrigerator or 2 months in the freezer.

  - Always follow food safety guidelines when storing food. Read *Food Safety During Cancer Treatment* (www.mskcc.org/pe/food-safety) to learn more.

- Store smoothies in wide-mouth mason jars with straws. This makes them more convenient to grab and drink.
- For variety, serve the smoothie in a bowl and spoon instead of sipping from a cup.
- If you're sensitive to heat or strong smells, add ice to hot drinks to cool them down.

Smoothie recipes

> To make a smoothie, add the liquid to the blender first. Then, add all other ingredients and blend until smooth.

It's OK to adjust the recipes to change the texture or include your favorite ingredients. Here are examples of changes you could make.

- If you're lactose intolerant, vegan, or allergic to dairy, use a non-dairy milk alternative. Almond milk, soy milk, rice milk, oat milk, and coconut milk are examples of non-dairy milk alternatives.
- Add your favorite protein powder or protein shake to add extra protein and calories to a smoothie.
- Add your favorite seeds and nuts to add extra protein and texture to a smoothie.
- Use less ice or no ice to make a smoothie a creamier texture.
- Add ice to make a smoothie thinner.
- If a smoothie recipe includes a nut butter, use whichever kind is your favorite. Peanut butter, cashew butter, sunflower butter, and almond butter

are examples of nut butters.

- If a smoothie recipe includes a sweetener, use whichever kind is your favorite. Honey, maple syrup, agave syrup, and brown sugar are examples of sweeteners.

Topping ideas

Try adding one or more of these toppings to any smoothie.

- Cocoa nibs
- Crushed nuts
- Chocolate chips
- Seeds, such as chia, pumpkin, sunflower, flax, or hemp seeds
- Granola
- Whipped cream
- Shredded coconut
- Cool Whip®
- Drizzled nut butter
- Chocolate sauce
- Fruit sauce
- Chopped fresh fruit
- Spices, such as cinnamon, nutmeg, cayenne, or pumpkin pie spice

Peanut Butter and Jelly Smoothie

Makes 2 servings.

Ingredients:

- ½ cup frozen raspberries
- ½ cup frozen strawberries
- ¾ cup milk
- 2 tablespoons peanut butter
- 2 tablespoons water
- 3 tablespoons oats

Nutrition information for 1 serving:

Calories: 251 Carbohydrates: 33 grams Fat: 13 grams Protein: 11 grams

Strawberry Cheesecake Smoothie

Makes 1 serving.

Ingredients:

- 1 cup frozen strawberries
- ¾ cup milk
- 4 tablespoons cream cheese
- ½ cup Greek yogurt or cottage cheese
- 2 tablespoons honey
- Crumbled graham crackers (for topping)

Nutrition information for 1 serving:
Calories: 372 Carbohydrates: 26 grams Fat: 26 grams Protein: 10 grams

Coquito Smoothie

Makes 2 servings.

Ingredients:

- ½ cup sweetened condensed milk
- ½ cup evaporated milk
- ½ cup cream of coconut
- 1 teaspoon ground cinnamon
- ½ cup shredded coconut
- 1 teaspoon vanilla extract
- ½ cup ice cubes

Nutrition information for 1 serving:
Calories: 359 Carbohydrates: 50 grams Fat: 16 grams Protein: 6 grams

Horchata Smoothie

Makes 2 servings.

Ingredients:

- 1 cup cooked white rice (short-grain rice is best)
- 2 scoops vanilla ice cream
- 1 frozen banana
- 2 cups milk
- 2 teaspoons ground cinnamon

Nutrition information for 1 serving:

Calories: 267 Carbohydrates: 36 grams Fat: 11 grams Protein: 7 grams

Banana Peanut Butter Smoothie

Bland, low-fiber. Makes 2 servings.

Ingredients:

- ¾ cup milk
- 1 large frozen banana*
- ¼ cup peanut butter
- ½ cup plain or vanilla yogurt
- 1 teaspoon ground cinnamon (optional)

* If you use a banana that isn't frozen, add ½ cup ice.

Nutrition information for 1 serving:

Calories: 345 Carbohydrates: 31 grams Fat: 20 grams Protein: 11.5 grams

Pumpkin Pie Smoothie

Low-fiber. Makes 1 serving.

Ingredients:

- ½ cup pumpkin puree
- 1 banana
- 2 ice cubes
- ½ cup vanilla yogurt
- ½ cup milk
- 2 teaspoons pumpkin pie spice
- 1 tablespoon maple syrup or honey

Nutrition information for 1 serving:

Calories: 361 Carbohydrates 57 grams Fat 8 grams Protein 9 grams

Creamsicle Smoothie

Low-fiber. Makes 2 servings.

Ingredients:

- 1 frozen banana
- ½ cup orange juice
- 1 cup plain or vanilla Greek yogurt (if using plain Greek yogurt, add 1 tablespoon honey or maple syrup)
- 1 orange, peeled and sliced
- 2 teaspoons orange zest
- 1 teaspoon vanilla

Nutrition information for 1 serving:

Calories: 245 Carbohydrates: 52 grams Fat: 2 grams Protein: 8 grams

Rice Pudding Smoothie

Bland, low-fiber. Makes 1 serving.

Ingredients:

- 1 cup cooked white rice
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ teaspoon vanilla
- 1 cup coconut milk or rice milk
- 1 cup ice

Nutrition information for 1 serving:

Calories: 245 Carbohydrates: 52 grams Fat: 2 grams Protein: 8 grams

Carrot Banana Smoothie

High-fiber, allergy-friendly. Makes 1 serving.

Ingredients:

- ½ banana
- ¼ cup chopped carrot
- ½ cup orange juice
- 1 cup ice cubes
- 1½ tablespoons maple syrup, brown sugar, or honey
- 1 teaspoon lime or lemon juice

Nutrition information for 1 serving:

Calories: 100 Carbohydrates: 24 grams Fat: 0 grams Protein: 1.2 grams

Chocolate Almond Smoothie

High-fiber. Makes 1 serving.

Ingredients:

- 1 cup unsweetened almond milk
- ⅓ cup rolled oats
- ⅓ cup gluten-free rolled oats
- 1 medium frozen banana
- 1 tablespoon almond butter
- 2 tablespoons hemp seeds
- 1 teaspoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 1 teaspoon maple syrup

Nutrition information for 1 serving:
Calories: 100 Carbohydrates: 24 grams Fat: 0 grams Protein: 1.2 grams

Mango Spinach Smoothie

High-fiber. Makes 1 serving.

Ingredients:

- 1 cup spinach
- ½ cup orange juice
- ½ cup mango sorbet
- 1 tablespoon lime juice
- 1 tablespoon mint
- ½ cup ice

Nutrition information for 1 serving:
Calories: 194 Carbohydrates: 48 grams Fat: 0 grams Protein: 2 grams

Peach Pudding Smoothie

High-fiber. Makes 2 servings.

Ingredients:

- 1 cup vanilla pudding
- 1 cup frozen peaches
- 2 teaspoons ground ginger
- ⅓ cup granola
- 2 cups milk

Nutrition information for 1 serving:

Calories: 318 Carbohydrates: 44 grams Fat: 12 grams Protein: 11 grams

Chocolate Avocado Smoothie

High-fiber. Makes 3 servings.

Ingredients:

- 1 cup rice milk
- ½ large avocado
- 4 pitted dates or prunes
- 2½ tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1 small banana
- 2 tablespoons chocolate sauce or chocolate syrup
- 1 teaspoon flax seeds
- ½ cup ice

Nutrition information for 1 serving:

Calories: 318 Carbohydrates: 44 grams Fat: 12 grams Protein: 11 grams

Gazpacho Smoothie

Savory. Makes 2 servings.

Ingredients:

- 3 tomatoes, cut into small chunks
- ½ stalk celery, cut into small chunks
- ½ red bell pepper, cut into small chunks
- ½ cucumber, cut into small chunks
- ¼ cup vegetable juice
- 1 tablespoon chopped parsley or cilantro
- 1 tablespoon chopped green onion or scallion
- 1 tablespoon lime juice
- Salt and pepper (to taste)

Nutrition information for 1 serving:

Calories: 67 Carbohydrates: 15 grams Fat: 0.5 grams Protein: 3 grams

Raita Smoothie

Savory. Makes 1 serving.

Ingredients:

- ½ cucumber, cut into small chunks
- 1 tablespoon mint
- 1 cup Greek yogurt
- ½ teaspoon chopped cilantro
- ½ teaspoon honey
- ½ cup ice

Nutrition information for 1 serving:

Calories: 246 Carbohydrates: 11 grams Fat: 12 grams Protein: 22 grams

Green Avocado Smoothie

Allergy-friendly. Makes 1 serving.

Ingredients:

- ½ Hass avocado
- ½ cup spinach
- 1 tablespoon lime juice
- 1 cup coconut water
- ½ cup ice
- Zest of 1 lemon or lime
- 1 tablespoon honey, maple syrup, or agave syrup

Nutrition information for 1 serving:

Calories: 146 Carbohydrates 12 grams Fat 11 grams Protein 3 grams

Coco Berry Smoothie

Low-sugar. Makes 1 serving.

Ingredients:

- 1 (15-ounce) can coconut milk
- 1 cup frozen mixed berries
- 1 teaspoon vanilla extract
- 1 to 2 teaspoons stevia

Nutrition information for 1 serving:

Calories: 182 Carbohydrates: 12 grams Fat: 13 grams Protein: 3 grams

Almond Cherry Smoothie

Dairy-free, vegan. Makes 2 servings.

Ingredients:

- 1 cup frozen cherries
- 2 tablespoons almond butter
- 1 cup vegan vanilla ice cream
- 1½ cups vanilla almond milk

Nutrition information for 1 serving:
Calories: 235 Carbohydrates: 42 grams Fat: 18 grams Protein: 7 grams

Sweet Potato Pie Smoothie

Dairy-free, vegan. Makes 2 servings.

Ingredients:

- 1 cup cooked mashed or canned sweet potato
- 2 tablespoons maple or pancake syrup
- ¼ cup chopped pecans or walnuts
- 1 frozen banana*
- 2 cups vanilla almond milk
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon

* If you aren't using a frozen banana, add ½ cup ice.

Nutrition information for 1 serving:
Calories: 361 Carbohydrates: 59 grams Fat: 13 grams Protein: 5 grams

Tropical Papaya Smoothie

Makes 2 servings.

Ingredients:

- 1½ cups frozen or fresh ripe papaya chunks
- 1 cup vanilla ice cream
- 2 cups milk
- 1 teaspoon ground cinnamon

Nutrition information for 1 serving:

Calories: 343 Carbohydrates: 40 grams Fat: 16 grams Protein: 11 grams

Strawberry Orange Sunrise Smoothie

Dairy-free and vegan. Makes 1 serving.

Ingredients:

- 1 cup frozen strawberries
- ¾ cup orange juice
- 1 orange
- 1 medium or large banana (optional)

Nutrition information for 1 serving:

Calories: 152 Carbohydrates: 37 grams Fat: 1 gram Protein: 2 grams

Hot latte recipes

Try making these hot drinks when you have trouble eating and drinking cold foods.

Coconut Mocha Latte

Makes 1 serving.

Ingredients:

- 1 cup canned coconut milk (about ½ of a 15-ounce can)
- 1 tablespoon chocolate syrup
- 1 cup coffee
- Whipped cream (for topping)
- Toasted coconut (for topping, optional)

Nutrition information for 1 serving:
Calories: 319 Carbohydrates: 19 grams Fat: 25 grams Protein: 5 grama

Pumpkin Spice Latte

Makes 2 servings.

Ingredients:

- 2 cups milk
- 2 tablespoons pumpkin puree
- ½ teaspoon vanilla extract
- ½ teaspoon pumpkin pie spice
- 1 tablespoon maple syrup
- ½ cup coffee or 2 shots of espresso
- Whipped cream (for topping)

Nutrition information for 1 serving:
Calories: 196 Carbohydrates: 20 grams Fat: 9 grams Protein: 8 grams

White Chocolate Cashew Latte

Makes 1 serving.

Ingredients:

- 1 (15-ounce) can coconut milk
- ¼ cup white chocolate chips
- 2 tablespoons cashew nuts*
- 1 tablespoon honey
- ½ teaspoon vanilla extract
- ½ to 1 cup coffee

* Soak the cashew nuts in the coconut milk for 30 minutes before blending.

Nutrition information for 1 serving:
Calories: 383 Carbohydrates: 34 grams Fat: 25 grams Protein: 6 grams

Vanilla Chai Latte

Low-fiber. Makes 1 serving.

Ingredients

- ½ cup milk
- 2 tablespoons sweetened condensed milk
- 2 cups hot black tea
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- ½ teaspoon ground cloves
- ½ teaspoon ground cardamom
- ¼ teaspoon ground ginger
- 1 teaspoon cinnamon

Nutrition information for 1 serving:
Calories: 261 Carbohydrates: 44 grams Fat: 7 grams Protein: 7 grams

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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