

HIGH CALORIE, HIGH PROTEIN SMOOTHIES & SHAKES



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Introduction

The smoothies compiled in this booklet are high calorie, high protein drinks. The recipes have been tested and modified and can be adjusted to suit your tastes or preferences. This can be achieved by opting for different ingredients whenever possible.

We have also included a “favourite” smoothies section, which features the most enjoyable smoothies as determined by our taste panel. The smoothie recipes only make one serving, so you may have to adjust the recipe to make more when needed.

The following are ingredients that you may need in order to make the smoothies.

Liquids:

Nutritional supplements: Ensure®, Ensure Plus®
 Boost®, Boost Plus®
 Resource Standard®, Resource Plus®
 Nestle-Nutren®
 Equate®

Other liquids: Soy milk Rice milk Oat milk
 Almond milk Milk Fruit juices
 *High protein milk Water

*High Protein Milk: 1 cup homo milk + 4 tbsp skim milk powder
 Blend together and keep in refrigerator to be used as an alternative to regular milk.

Quick Juices: Blend together juices with powdered skim milk or ice cream.

<u>High Calorie Foods</u>	<u>High Protein Foods</u>
Whole milk	Skim milk powder (2-4 tbsp)
10-35% Cream /Whipping cream	Eggs
Butter, Margarine, Oil	Yogurt
Sour cream	Cottage cheese
Cream cheese	Tofu
Ice cream	Ice cream
Honey, Syrup	Nuts

Helpful TIPS to making your own smoothies

- ❖ Make sure to clean, and peel ingredients before blending.
- ❖ Use frozen fruit if fresh fruit is not available.
- ❖ A good way to freeze fruits is to chop/cut them up first, then spread them out onto a baking sheet to put in the freezer (1 ½ hours) .
- ❖ If you have a sore mouth: avoid fruits containing small seeds (strawberries, raspberries...), nuts or flax, and juices that are acidic (orange, pineapple...).
- ❖ Blend smoothie into desired consistency by adding more or less liquid.
- ❖ You can refrigerate or freeze the smoothie if you cannot finish it, making sure there's room in the container for it to expand.
- ❖ Bananas are a good way to sweeten up smoothies
- ❖ If it is too sweet, add lemon juice (about 1 tsp at a time till desired taste) or cranberries
- ❖ For a creamier taste, add ice cream or yogurt in place of ice
- ❖ You can garnish your drink by adding fruit slices, crazy straws, paper umbrella...
- ❖ If you don't have a sore mouth, try adding: flax seeds, sesame seeds, sunflower seeds, pumpkin seeds, oatmeal, oat bran, wheat germ, melon seeds (these won't affect the flavour of your drink).
- ❖ Drink right away. Smoothies tend to separate after 20 minutes. If smoothie cannot be consumed immediately, try re-blending the smoothies after a few hours.
- ❖ Homemade eggnog is an alternative option for prepared eggnog in the eggnog recipes (Eggnog is a seasonal item and is not usually available all year).
- ❖ If egg substitute cannot be found in your local grocery store, opt for liquid egg product. However, egg substitute can be found as a product called "Egg Beater" in certain grocery stores. Do not use the powdered egg substitute as it may alter the taste and texture of the smoothie.
- ★ If you do not have a blender you can use a hand-held blender. Making sure the ingredients are chopped into small pieces, and lifting the blender up and down while blending the smoothie.
- ★ *Calorie and protein values may not be exact depending on the ingredients you choose.*

FAVOURITE SMOOTHIES

Fruity Tofu Cooler 201 Calories 6g Protein

White grape juice	¾ cup
Honey	1 tsp
Silken tofu	¼ cup
Ice cubes	2
Any fruit (strawberries, banana, peaches, etc)	½ cup

Blend all ingredients together until smooth.

Tofu Fruit Shake 360 Calories 11g Protein

Soft tofu	1 package (300g)
Sweetened soy milk	¾ cup
Frozen fruit juice	1/3 cup
Honey	3 tbsp
Banana	1

Blend all ingredients together until smooth.
Chill before serving.

Triple Chocolate Shake 360 Calories 10g Protein

Chocolate milk	1 cup
Chocolate ice cream	½ cup
Chocolate syrup	1 tbsp

Blend all ingredients together until smooth.

Chocolate Orange Smoothie 397 Calories 9g Protein

Liquid**	1 cup
Orange sherbet	½ cup
Chocolate syrup	2 tbsp

Blend all ingredients together until smooth.

Tasty Tropical Smoothie 468 Calories 9g Protein

Liquid**	½ cup
Banana	1
Diced peaches	½ cup
Mango, Guava, or Papaya juice	1 cup
Ice cubes	4

Blend all ingredients together until smooth.

Peach Yogurt Frosty 400 Calories 19g Protein

Envelope vanilla instant breakfast mix (ex. Nestle Breakfast Anytime)	1
Whole milk	1 cup
Peach yogurt	½ cup
Ice cubes	6-10

Blend all ingredients together until smooth.

Cottage Cheese Smoothie 310 Calories 11g Protein

Cottage cheese	1/3 cup
Vanilla ice cream	½ cup
Prepared fruit flavoured gelatin (optional)	¼ cup

Blend all ingredients together until smooth

Mega Milkshake 445 Calories 20g Protein

Liquid**	1 cup
Ice cream	¾ cup

Blend all ingredients together until smooth.



* See page 3 for examples of liquids

MILKSHAKES / BREAKFAST SHAKES

Milkshakes

Super Protein Power Smoothie

870 Calories
40g Protein

Liquid**	1 cup
Yogurt	½ cup
Protein powder	2 tbsp
Peanut or Almond butter	1 tbsp
Ground flaxseeds	1 tbsp
Canola, Almond, or Avocado oil	1 tbsp
Banana	1

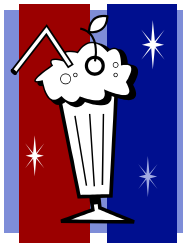
Blend together solid ingredients first, and then add in the liquids. Blend to desired consistency.

Very High Calorie Milkshake

780 Calories
5g Protein

Ice cream	½ cup
Whipping cream (unwhipped)	½ cup
Syrup	¼ cup
Vanilla extract	1 tsp

Blend all ingredients together until smooth.



* See page 3 for examples of liquids

Breakfast Shakes

Raspberry Delight

744 Calories
26g Protein

Cooked, chilled white rice	½ cup
Banana	1
Liquid**	1 cup
Frozen raspberries	1 cup
Ground flaxseeds	½ cup

Blend together solid ingredients first, and then add in the liquids. Blend to desired consistency.

Banana-Apple Shake

548 Calories
17g Protein

Liquid**	½ cup
Unsweetened applesauce	½ cup
Plain yogurt	½ cup
Banana	1
Honey	1 tbsp
Oat bran	1 tbsp
Ground flaxseeds	1 tbsp

Blend all ingredients together until smooth.

Breakfast In A Glass

250 Calories
15g Protein

Egg substitute	½ cup
Water	1/3 cup
Banana	1
Orange juice concentrate	1 ½ tbsp
Wheat germ	1 tsp
Honey	1 tsp
Dash of salt	

Blend all ingredients together until smooth.

BREAKFAST SHAKES CON'T / FRUIT

Berry Blast Shake 693 Calories
20g Protein

Liquid**	1 cup
Frozen mixed berries	1 cup
Strawberries	8-10
Banana	1
Uncooked oats	½ cup
Ground flaxseeds	1 tbsp

Blend together solid ingredients first, and then add in the liquids. Blend to desired consistency.

Blender Banana 630 Calories
9g Protein

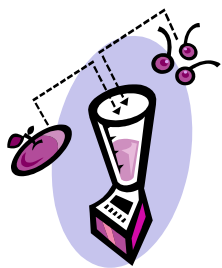
Light cream (20%)	1 cup
Banana	1
Honey	1 tbsp

Blend all ingredients together until smooth.

Cinnamon-Peach Smoothie 390 Calories
15g Protein

Liquid**	½ cup
Plain yogurt	½ cup
Diced peaches	1 cup
Honey	1 tbsp
Cinnamon	¼ tsp

Blend all ingredients together until smooth



* See page 3 for examples of liquids

TOFU / EGGNOG RECIPES

Bursting Blueberry Smoothie
720 Calories
22g Protein

Silken tofu	½ cup
Liquid**	1 cup
Banana	1
Frozen Blueberries	½ cup
Canola, Almond, or Avocado Oil	1 tbsp

Blend all ingredients together until smooth.

Eggnog #1 240 Calories
14g Protein

Liquid**	1 cup
Skim milk powder	2 tbsp
Prepared eggnog	½ cup
Sugar	1 tsp
Vanilla extract	½ tsp

Blend all ingredients together until smooth.

Eggnog #2 235 Calories
15g Protein

Egg substitute	¼ cup
Whole milk	1 cup
Sugar	2-3 tsp
Vanilla extract	½ tsp

Blend all ingredients together until smooth.

Peach Eggnog 290 Calories
15g Protein

Egg substitute	¼ cup
Whole milk	1 cup
Sliced peaches	½ cup
Orange juice concentrate	1 tbsp

Blend all ingredients together until smooth.

OTHER SMOOTHIES

Pina Colada #1	310 Calories 10g Protein
Vanilla flavoured supplement drink	235ml can
Drained crushed pineapple can	½ cup
Vanilla extract	¼ tsp
Coconut extract	¼ tsp
Ice cubes	5

Blend all ingredients together until smooth.

Pina Colada #2	700 Calories 19g Protein
Coconut milk	½ cup
Pineapple nectar	½ cup
Liquid**	½ cup
Banana	1
Frozen strawberries	½ cup
Ground flaxseeds	1 tbsp
Protein powder	1 tbsp

Blend together solid ingredients first, and then add in the liquids. Blend to desired consistency.

Pineapple Power Shake	437 Calories 23g Protein
Pineapple juice	½ cup
Orange juice	1 cup
Cottage cheese	½ cup
Liquid**	½ cup

Blend all ingredients together until smooth.



*See page 3 for examples of liquids

Peanut Butter Shake	575 Calories 26g Protein
Ice cream	¾ cup
Whole milk	½ cup
Skim milk powder	¼ cup
Peanut butter	2 tbsp

Blend all ingredients together until smooth.

Mochaccino Shake	280 Calories 7g Protein
Chocolate flavoured supplement drink	235ml can
Coffee ice cream	1 cup
Ground cinnamon	½ tsp

Blend all ingredients together until smooth.

Maple Walnut Smoothie	235 Calories 5g Protein
Soy drink	1 cup
Banana slices	1 banana
Walnut halves	8
Pure maple syrup	2 tbsp
Ice cubes	2

Combine soy drink, banana, walnut, and syrup until creamy, then blend in ice cubes until smooth.

Buttermilk Shake	645 Calories 11g Protein
Buttermilk	½ cup
Lemonade	½ cup
Ice cream	1 ½ cup
Skim milk powder	¼ cup

Blend all ingredients together until smooth

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