

# Anti-Cancer Fruit Protein Smoothies

A fruit protein smoothie is a delicious way to obtain dense anti-cancer nutrients and support the immune system.

## **In a blender add the following:**

- 1 cup of frozen or slightly thawed fruit
- ½ to 1 cup of refrigerated liquid (soy milk<sup>^</sup>, rice milk, diluted fruit juice or nectar)
- 2 ice cubes if fruit is not frozen
- 5 to 10 drops of Stevia Liquid, or a little honey to sweeten if necessary
- 15 gms\* or more of protein powder ([IgG Pure Xymogen Protein](#))
- 1-3 tsp. [Coconut Oil by Xymogen](#), [MCT Oil by NuMedica](#), olive oil or ground flax seed<sup>^</sup>
- Blend on high speed for a few seconds, pour into a 12-16 oz. glass, and drink with a straw.

Tips: If you end up with more than 16 oz. you may be getting too many calories! Try to use a smaller amount of fruit and/or liquids. If the smoothie is too thick decrease the quantity of frozen fruit or allow it to thaw longer. Darker fruits typically have more antioxidants and are a better option.

## **I5 Protein Fruit Cancer Smoothie**

- 8 oz. of cold filtered water in a blender
- 1-3 tsp. [Coconut Oil by Xymogen](#), [MCT Oil by NuMedica](#), olive oil or ground flax seed<sup>^</sup>
- ½ cup of frozen or slightly thawed fruit (this optional if you need to consume more calories)
- 1&1/2 to 2 scoops of [Xymogen I5 Protein Powder](#)\*
- Blend on high speed for a few seconds, pour into a 12-16 oz. glass, and drink with a straw.

\*Protein requirement will vary according to activity level and muscle mass. We use the bio-impedance analysis (BIA) to determine daily, meal and snack protein and calorie requirements. Please ask for additional information.

<sup>^</sup>Flax seed and soy may or may not be recommended for your cancer. Please refer to your specific Dietary Supplement List for your type of cancer.