

Anti-Cancer Fruit Protein Smoothies

A fruit protein smoothie is a delicious way to obtain dense anti-cancer nutrients.

Please refer to the General Dietary Recommendations during Chemotherapy and Radiation Therapy Special Report and your Dietary Supplement List for your type of cancer for specific fruit recommendations.

In a blender add the following:

- 1 cup of frozen or slightly thawed fruit
- ½ to 1 cup of refrigerated liquid (soy milk, rice milk, diluted fruit juice or nectar)
- 2 ice cubes if fruit is not frozen
- 5 to 10 drops of Stevia Liquid, or honey to sweeten if necessary
- 15 gms* or more of protein powder (soy^, rice or whey)
- 1-3 tsp. olive oil or ground flax seed^

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.

*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.

^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.