



High Calorie Smoothies

The Basics:

- Pick your liquid (1 cup total): milk, non-dairy milk, plain yogurt, or kefir.
- Protein boost: 2 tbsp. nut butter or ¼ cup nuts
- Greek yogurt and cottage cheese are great protein sources!
- Fat: 1/4 avocado, 1 tbsp. oil or butter
- Fruit (to make a colder drink, use frozen): 2/3 cup mango, blueberries, strawberries, etc. or 1 banana.
- Blend and enjoy!

Recipes:

¼ cup cottage cheese

¼ cup ice cream

½ cup prepared jello

Blend until smooth.

245 kcals, 11g protein, 7 g fat, 37 g CHO, 113 mg K, 309 mg Na, 122 mg phos, 82 mg Ca

8 oz whole milk

2 tbsp. heavy whipping cream

2 tbsp. chocolate or strawberry syrup if desired

Nutrition: ~350 kcals, 8.5 gm pro1 (8oz serving):

\$0.58

6 oz whole milk or non-dairy milk ½ of a ripe banana

2 tsp. of honey

1 tsp. of flaxseed oil

Blend and serve

Nutrition: 248 kcal, 7 gm pro 1 (8oz serving):

6 oz whole milk or non-dairy milk \$0.70

¼ cup cooked/mashed sweet potatoes

1 tbsp. honey

1 tbsp. almond butter

1 tsp. flaxseed oil

Blend and serve.

Nutrition: 366 kcal, 10 gm pro1 (8oz serving): \$1.25



4 tbsp. chia seeds
2 tbsp. walnuts (or Almonds or other favorite nuts)
2 tbsp. raw sesame tahini or raw almond butter
2 tbsp. unheated, unfiltered honey or agave syrup

Dash of vanilla extract (optional)

4 cups water

In a jar or glass, soak seeds and walnuts overnight in 3 cups of water. Pour into blender jar, add 1 cup of water, and turn on blender, running it at medium speed. With blender running, add tahini, honey, and vanilla, then add 1 more cup of water.

Blend only until smooth. Makes ~4 servings.

Nutrition: 170 kcal, 4 gm pro 1 batch (4 servings): \$3.97/4 servings, 1 8-oz serving: \$0.99

½ cup non-dairy or regular Milk

½ cup Greek yogurt (if non-dairy, substitute almond or soy yogurt)

½ frozen banana

½ tsp. cinnamon

½ tsp. honey

½ tsp. coconut oil

Blend and serve

Nutrition: 249 kcal, 15 gm pro 1 8oz serving: \$1.50

12 oz. vanilla yogurt

1-1/4 cup apple juice

1 cup frozen fruit

2 scoops whey protein powder, vanilla

1 small or 1/2 large banana (OR 1/2 avocado)

1 batch makes ~ 4 servings of 8oz each

Nutrition: 366 kcal, 10 gm pro 1 batch (4 servings): \$9.74, 1 8-oz serving: \$2.44



1 cup of any of the following, yogurt, kefir, coconut water, milk
(dairy or non-dairy) ¼ cup nuts or 2 tablespoon nut butter
1 tbsp. coconut oil, 1.5 tsp flax or walnut oil, or ¼ avocado
2/3 cup whole berries, mango, etc, and/or 1 whole banana
Blend and serve.

Nutrition: 467 kcal, 16 gm pro 1 (10oz) serving: \$5.03

Additional recipes can be found at:

http://www.ucsfhealth.org/education/ild_nutrition_manual/high-calorie_shakes_and_smoothies/