

Nutritious Smoothie

Ideas tested by Karen Sheffler, MS, CCC-SLP, BCS-S of SwallowStudy.com
on a daily basis!

Warnings:

- *Your doctor and dietitian can help you estimate the amount of calories and protein you will need in the healing process, and any dietary restrictions you should follow.*
- *Check with your doctor about your sugar/carbohydrate intake if you are diabetic. Bananas and other fruits are loaded with natural sugars.*
- *Check with your doctor if you are on a medication that restricts your intake of leafy greens (i.e., Coumadin/Warfarin).*
- *Your Speech-Language Pathologist can help advise you on **how thick** the smoothie should be to ensure safe swallowing.*

1. Base ingredients:

To thicken (choose one or all of these depending on your desired thickness):

- **1/2 Banana** (to make this easy, when bananas start getting too brown, chop them in chunks and put them in freezer in a freezer bag)
- **1/2 of an avocado**
- **1 cup of plain yogurt** with NO sugar added (Greek yogurt for more protein)

Add a Liquid (choose what type of smoothie you want – milk-based or juice-based):

- **1 cup of a dairy or non-dairy milk depending on your tolerance** (non-dairy ideas: almond, rice, coconut, or hemp milk)
- **or 1 cup of juice** (a natural juice “nectar,” like mango nectar, will make the drink thicker too).
- Avoid liquids that have added sugars. Check for “no sugar added.”

2. Add More Protein of your choice:

- Add 1 cup of Ensure, Boost, or other supplement recommended by your physician and/or dietitian.

- Scoop of Protein powder (i.e., brown rice protein, hemp protein, or other – follow serving size on container)
- Silken tofu
- Ice cream

3. Add optional powders (one or all depending on dietary needs):

- Fiber powder of your choice (follow serving size on container)
- Chia seeds (teaspoon of ground chia seeds)
- Ground flax seeds or flax seed oil
- Wheat Grass powder (follow serving size)

3. Add fruit of your choice to taste:

- Handful of fresh or frozen berries
- Handful of fresh or frozen chunks of mango
- Peeled peaches
- Melons
- Peeled apple slices

4. Greens:

Pre-chopped greens (kale, turnip greens, beat greens, or spinach) can be kept in the freezer to add **one handful** to your smoothie. Frozen greens blend up easily in a blender. It is a great way to hide extra nutrition in your smoothie. When kale is fully blended into your smoothie, you cannot taste it!

5. Add a little Pizazz!

- Pinch of grated ginger (might go well with your mangos or peaches)
- Radishes: you may need an actual Juicer (not just a blender), then you could liquify sliced radishes, carrots, beets for even more vegetables.

Blend on high with pulse setting first, then leave on high for at least a minute, or until fully blended. May need to carefully push down ingredients from the side of the blender with a rubber spatula.