

# Making Smoothies with More Calories and Protein

Smoothies are one way to add calories and protein to your diet. Use the ideas below to make a smoothie. Choose one or more items from each column. Combine and blend until smooth. Use more liquid for a thinner drink. Use frozen fruit to make a thicker drink.

Fresh, frozen, or canned fruit 1 cup (250 mL)	+ Liquid 1 cup (250 mL)	+ Calorie booster	+ Protein booster	Optional
Apple	Buttermilk	Avocado (½)	Chia, flax, hemp, sesame or sunflower seeds (2 Tbsp/ 30 mL)	Chocolate, strawberry, or vanilla syrup
Banana	Evaporated milk	Canned coconut milk or cream (½ cup/ 125 mL)	Cooked lentils or white beans (¼ cup/ 60 mL)	Extracts like vanilla, lemon, or almond
Blueberries	Fortified soy beverage or other plant-based beverages such as almond or coconut	Cream (5% M.F. or higher) (½ cup/ 125 mL)	Cottage cheese (¼ cup/ 60 mL)	Hot chocolate mix or cocoa powder
Cherries	Kefir	Frozen yogurt, ice cream or non-dairy frozen dessert (½ cup/ 125 mL)	Greek or Icelandic yogurt (¼ cup/ 60 mL)	Instant coffee
Kiwi fruit	Milk	Maple syrup, pasteurized honey, or sugar (1 Tbsp/ 15 mL)	Pasteurized egg whites (¼ cup/ 60 mL)	Orange, lemon, or lime zest
Mango	Nutrition supplement drink such as, Ensure® Max, Boost® Plus, Boost®	Oats, dry (⅓ cup/ 75 mL)	Peanut, nut or seed butter (2 Tbsp/ 30 mL)	Spices, like ginger, cinnamon, nutmeg, cardamom, or turmeric
Melon	Powder (prepared) or a store brand	Sour cream (½ cup/ 125 mL)	Protein powder (1 scoop/ ¼ cup/ 60 mL)	Vegetables, like spinach, carrots, pumpkin, or kale
Nectarine	Yogurt	Sweetened condensed milk (1 Tbsp/ 15 mL)	Ricotta cheese (¼ cup/ 60 mL)	
Peach	100% fruit juice	Vegetable oil, butter, or margarine (1 tsp/ 5 mL)	Skim or whole milk powder (¼ cup/ 60 mL)	
Pear		Wheat germ (2 Tbsp/ 30 mL)	Silken or soft tofu (½ cup/ 125 mL)	
Pineapple				
Raspberries				
Strawberries				

Smoothie ideas	Fresh, frozen, or canned fruit	+ Liquid	+ Calorie booster	+ Protein booster	Optional
<b>Chocolate Peanut Butter</b> Dairy free 628 calories, 21 g protein	1 cup (250 mL) banana	1 cup (250 mL) chocolate fortified soy beverage	⅓ cup (75 mL) oats	2 Tbsp (30 mL) peanut butter	cocoa powder
<b>Peach Tofu</b> Dairy free 585 calories, 18 g protein	1 cup (250 mL) canned peaches	1 cup (250 mL) vanilla almond beverage	½ cup (125 mL) canned coconut milk	½ cup (125 mL) soft tofu	almond extract
<b>Blueberry Spinach</b> Dairy free 441 calories, 33 g protein	1 cup (250 mL) frozen blueberries	1 cup (250 mL) plain fortified soy beverage	1 Tbsp (15 mL) maple syrup	1 scoop (60 mL) vanilla soy protein powder	spinach
<b>Strawberry Orange</b> 464 calories, 14 g protein	1 cup (250 mL) frozen strawberries	1 cup (250 mL) orange juice	½ avocado	¼ cup (60 mL) skim milk powder	orange zest
<b>Ginger Pear</b> 436 calories, 20 g protein	1 cup (250 mL) canned pears	1 cup (250 mL) 3.25% milk	2 Tbsp (30 mL) wheat germ	¼ cup (60 mL) cottage cheese	nutmeg and ginger
<b>Raspberry Yogurt</b> 523 calories, 29 g protein	1 cup (250 mL) raspberries	1 cup (250 mL) raspberry Greek yogurt	2 Tbsp (30 mL) sweetened condensed milk	¼ cup (60 mL) white beans	vanilla extract
<b>Mango Cardamom</b> 436 calories, 17 g protein	1 cup (250 mL) mango	1 cup (250 mL) buttermilk	1 Tbsp (15 mL) honey	2 Tbsp (30 mL) hemp seeds	ginger, cardamom, and turmeric
<b>Chocolate Banana</b> 641 calories, 18 g protein	1 cup (250 mL) banana	1 cup (250 mL) chocolate nutrition supplement drink	½ cup (125 mL) ice cream	2 Tbsp (30 mL) sesame seeds	cocoa powder
<b>Apple Cinnamon</b> 634 calories, 19 g protein	1 cup (250 mL) applesauce	1 cup (250 mL) vanilla nutrition supplement drink	½ cup (125 mL) 5% cream	2 Tbsp (30 mL) chia seeds	cinnamon

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