



# Nourishing Smoothie and Hot Latte Recipes

Time to Read: About 5 minutes

This information will help you make nourishing smoothies and hot lattes.

Homemade smoothies and hot lattes can help you get the protein, calories, and other nutrients you need before, during, and after cancer treatment. They're great to have with your daily meals and snacks.

If you're following a special diet, make sure to choose a smoothie or latte that meets your needs. We give examples of low-fiber, high-fiber, vegan, and allergy-friendly recipes.

**During cancer treatment, it's most important to get the calories and protein you need to keep your body strong.** Because of that, some of the information in this resource may seem very different from diet guidelines you usually follow. If you have questions, talk with your clinical dietitian nutritionist.

To learn more about making food choices during cancer treatment, read *Eating Well During Your Cancer Treatment* ([https://sandbox18.mskcc.org/pe/eating\\_cancer\\_treatment](https://sandbox18.mskcc.org/pe/eating_cancer_treatment)).

## Tips and tricks

- Freeze ripe fruit in bags or containers so you can use them in your smoothie recipes later.
- Get your ingredients ready ahead of time. Store solid ingredients in the blender container in the refrigerator. This makes it easy to have them ready to add liquid and blend when you need them.
- If you can't drink a full serving, make half a recipe or store some of what you make for later. Smoothies will last for 1 or 2 days in the refrigerator or 2 months in the freezer.
  - Always follow food safety guidelines when storing food. Read *Food Safety During Cancer Treatment* ([https://sandbox18.mskcc.org/pe/food\\_safety](https://sandbox18.mskcc.org/pe/food_safety)) to learn more.
- Store smoothies in wide-mouth mason jars with straws. This makes them more convenient to grab and drink.
- For variety, serve the smoothie in a bowl and spoon instead of sipping from a cup.
- If you're sensitive to heat or strong smells, add ice to hot drinks to cool them down.

## Smoothie recipes

To make a smoothie, add the liquid to the blender first. Then, add all other ingredients and blend until smooth.

It's OK to adjust the recipes to change the texture or include your favorite ingredients. Here are examples of changes you could make.

- If you're lactose intolerant, vegan, or allergic to dairy, use a non-dairy milk alternative. Almond milk, soy milk, rice milk, oat milk, and coconut milk are examples of non-dairy milk alternatives.
- Add your favorite protein powder or protein shake to add extra protein and calories to a smoothie.
- Add your favorite seeds and nuts to add extra protein and texture to a smoothie.
- Use less ice or no ice to make a smoothie a creamier texture.
- Add ice to make a smoothie thinner.
- If a smoothie recipe includes a nut butter, use whichever kind is your favorite. Peanut butter, cashew butter, sunflower butter, and almond butter are examples of nut butters.
- If a smoothie recipe includes a sweetener, use whichever kind is your favorite. Honey, maple syrup, agave syrup, and brown sugar are examples of sweeteners.

## Topping ideas

Try adding one or more of these toppings to any smoothie.

- Cocoa nibs
- Crushed nuts
- Chocolate chips
- Seeds, such as chia, pumpkin, sunflower, flax, or hemp seeds
- Granola
- Whipped cream
- Shredded coconut
- Cool Whip®
- Drizzled nut butter
- Chocolate sauce
- Fruit sauce
- Chopped fresh fruit
- Spices, such as cinnamon, nutmeg, cayenne, or pumpkin pie spice

## Peanut Butter and Jelly Smoothie

Makes 2 servings.

Ingredients:

- ½ cup frozen raspberries
- ½ cup frozen strawberries
- ¾ cup milk
- 2 tablespoons peanut butter
- 2 tablespoons water
- 3 tablespoons oats

Nutrition information for 1 serving:

Calories: 251      Carbohydrates: 33 grams      Fat: 13 grams      Protein: 11 grams

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## Strawberry Cheesecake Smoothie

Makes 1 serving.

Ingredients:

- 1 cup frozen strawberries
- ¾ cup milk
- 4 tablespoons cream cheese
- 2 tablespoons honey
- Crumbled graham crackers (for topping)

- ½ cup Greek yogurt or cottage cheese

Nutrition information for 1 serving:

Calories: 372      Carbohydrates: 26 grams      Fat: 26 grams      Protein: 10 grams

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## Coquito Smoothie

Makes 2 servings.

Ingredients:

- ½ cup sweetened condensed milk
- ½ cup evaporated milk
- ½ cup cream of coconut
- 1 teaspoon ground cinnamon
- ½ cup shredded coconut
- 1 teaspoon vanilla extract
- ½ cup ice cubes

Nutrition information for 1 serving:

Calories: 359      Carbohydrates: 50 grams      Fat: 16 grams      Protein: 6 grams

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## Horchata Smoothie

Makes 2 servings.

Ingredients:

- 1 cup cooked white rice (short-grain rice is best)
- 2 scoops vanilla ice cream
- 1 frozen banana
- 2 cups milk
- 2 teaspoons ground cinnamon

Nutrition information for 1 serving:

Calories: 267      Carbohydrates: 36 grams      Fat: 11 grams      Protein: 7 grams

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## Banana Peanut Butter Smoothie

Bland, low-fiber. Makes 2 servings.

Ingredients:

- ¾ cup milk
- 1 large frozen banana\*
- ¼ cup peanut butter
- ½ cup plain or vanilla yogurt
- 1 teaspoon ground cinnamon (optional)

\* If you use a banana that isn't frozen, add ½ cup ice.

Nutrition information for 1 serving:

Calories: 345

Carbohydrates: 31 grams

Fat: 20 grams

Protein: 11.5 grams

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## Pumpkin Pie Smoothie

Low-fiber. Makes 1 serving.

Ingredients:

- ½ cup pumpkin puree
- 1 banana
- 2 ice cubes
- ½ cup vanilla yogurt
- ½ cup milk
- 2 teaspoons pumpkin pie spice
- 1 tablespoon maple syrup or honey

Nutrition information for 1 serving:

Calories: 361

Carbohydrates 57 grams

Fat 8 grams

Protein 9 grams

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## Creamsicle Smoothie

Low-fiber. Makes 2 servings.

Ingredients:

- 1 frozen banana
- ½ cup orange juice
- 1 cup plain or vanilla Greek yogurt (if using plain Greek yogurt, add 1 tablespoon honey or maple syrup)
- 1 orange, peeled and sliced
- 2 teaspoons orange zest
- 1 teaspoon vanilla

Nutrition information for 1 serving:

Calories: 245

Carbohydrates: 52 grams

Fat: 2 grams

Protein: 8 grams

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## Rice Pudding Smoothie

Bland, low-fiber. Makes 1 serving.

Ingredients:

- 1 cup cooked white rice
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ teaspoon vanilla
- 1 cup coconut milk or rice milk
- 1 cup ice

Nutrition information for 1 serving:

Calories: 245

Carbohydrates: 52 grams

Fat: 2 grams

Protein: 8 grams

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## Carrot Banana Smoothie

High-fiber, allergy-friendly. Makes 1 serving.

Ingredients:

- ½ banana
- ¼ cup chopped carrot
- ½ cup orange juice
- 1 cup ice cubes
- 1½ tablespoons maple syrup, brown sugar, or honey
- 1 teaspoon lime or lemon juice

Nutrition information for 1 serving:

Calories: 100      Carbohydrates: 24 grams      Fat: 0 grams      Protein: 1.2 grams

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## Chocolate Almond Smoothie

High-fiber. Makes 1 serving.

Ingredients:

- 1 cup unsweetened almond milk
- ⅓ cup rolled oats
- ⅓ cup gluten-free rolled oats
- 1 medium frozen banana
- 1 tablespoon almond butter
- 2 tablespoons hemp seeds
- 1 teaspoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 1 teaspoon maple syrup

Nutrition information for 1 serving:

Calories: 100      Carbohydrates: 24 grams      Fat: 0 grams      Protein: 1.2 grams

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## Mango Spinach Smoothie

High-fiber. Makes 1 serving.

Ingredients:

- 1 cup spinach
- ½ cup orange juice
- ½ cup mango sorbet
- 1 tablespoon lime juice
- 1 tablespoon mint
- ½ cup ice

Nutrition information for 1 serving:

Calories: 194      Carbohydrates: 48 grams      Fat: 0 grams      Protein: 2 grams

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## Peach Pudding Smoothie

High-fiber. Makes 2 servings.

Ingredients:

- 1 cup vanilla pudding
- 1 cup frozen peaches
- 2 teaspoons ground ginger
- $\frac{1}{3}$  cup granola
- 2 cups milk

Nutrition information for 1 serving:

Calories: 318      Carbohydrates: 44 grams      Fat: 12 grams      Protein: 11 grams

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## Chocolate Avocado Smoothie

High-fiber. Makes 3 servings.

Ingredients:

- 1 cup rice milk
- $\frac{1}{2}$  large avocado
- 4 pitted dates or prunes
- $2\frac{1}{2}$  tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1 small banana
- 2 tablespoons chocolate sauce or chocolate syrup
- 1 teaspoon flax seeds
- $\frac{1}{2}$  cup ice

Nutrition information for 1 serving:

Calories: 318      Carbohydrates: 44 grams      Fat: 12 grams      Protein: 11 grams

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## Gazpacho Smoothie

Savory. Makes 2 servings.

Ingredients:

- 3 tomatoes, cut into small chunks
- $\frac{1}{2}$  stalk celery, cut into small chunks
- $\frac{1}{2}$  red bell pepper, cut into small chunks
- $\frac{1}{2}$  cucumber, cut into small chunks
- $\frac{1}{4}$  cup vegetable juice
- 1 tablespoon chopped parsley or cilantro
- 1 tablespoon chopped green onion or scallion
- 1 tablespoon lime juice
- Salt and pepper (to taste)

Nutrition information for 1 serving:

Calories: 67      Carbohydrates: 15 grams      Fat: 0.5 grams      Protein: 3 grams

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## Raita Smoothie

Savory. Makes 1 serving.

### Ingredients:

- ½ cucumber, cut into small chunks
- 1 tablespoon mint
- 1 cup Greek yogurt
- ½ teaspoon chopped cilantro
- ½ teaspoon honey
- ½ cup ice

Nutrition information for 1 serving:

Calories: 246      Carbohydrates: 11 grams      Fat: 12 grams      Protein: 22 grams

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## Green Avocado Smoothie

Allergy-friendly. Makes 1 serving.

### Ingredients:

- ½ Hass avocado
- ½ cup spinach
- 1 tablespoon lime juice
- 1 cup coconut water
- ½ cup ice
- Zest of 1 lemon or lime
- 1 tablespoon honey, maple syrup, or agave syrup

Nutrition information for 1 serving:

Calories: 146      Carbohydrates: 12 grams      Fat: 11 grams      Protein: 3 grams

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## Coco Berry Smoothie

Low-sugar. Makes 1 serving.

### Ingredients:

- 1 (15-ounce) can coconut milk
- 1 cup frozen mixed berries
- 1 teaspoon vanilla extract
- 1 to 2 teaspoons stevia

Nutrition information for 1 serving:

Calories: 182      Carbohydrates: 12 grams      Fat: 13 grams      Protein: 3 grams

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## Almond Cherry Smoothie

Dairy-free, vegan. Makes 2 servings.

### Ingredients:

- 1 cup frozen cherries
- 2 tablespoons almond butter
- 1 cup vegan vanilla ice cream
- 1½ cups vanilla almond milk

Nutrition information for 1 serving:

Calories: 235      Carbohydrates: 42 grams      Fat: 18 grams      Protein: 7 grams

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## Sweet Potato Pie Smoothie

Dairy-free, vegan. Makes 2 servings.

Ingredients:

- 1 cup cooked mashed or canned sweet potato
- 2 tablespoons maple or pancake syrup
- ¼ cup chopped pecans or walnuts
- 1 frozen banana\*
- 2 cups vanilla almond milk
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon

\* If you aren't using a frozen banana, add ½ cup ice.

Nutrition information for 1 serving:

Calories: 361      Carbohydrates: 59 grams      Fat: 13 grams      Protein: 5 grams

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## Tropical Papaya Smoothie

Makes 2 servings.

Ingredients:

- 1½ cups frozen or fresh ripe papaya chunks
- 1 cup vanilla ice cream
- 2 cups milk
- 1 teaspoon ground cinnamon

Nutrition information for 1 serving:

Calories: 343      Carbohydrates: 40 grams      Fat: 16 grams      Protein: 11 grams

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## Strawberry Orange Sunrise Smoothie

Dairy-free and vegan. Makes 1 serving.

Ingredients:

- 1 cup frozen strawberries
- ¾ cup orange juice
- 1 orange
- 1 medium or large banana (optional)

Nutrition information for 1 serving:

Calories: 152      Carbohydrates: 37 grams      Fat: 1 gram      Protein: 2 grams

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# Hot latte recipes

Try making these hot drinks when you have trouble eating and drinking cold foods.

## Coconut Mocha Latte

Makes 1 serving.

Ingredients:

- 1 cup canned coconut milk ( about ½ of a 15-ounce can)
- 1 tablespoon chocolate syrup
- 1 cup coffee
- Whipped cream (for topping)
- Toasted coconut (for topping, optional)

Nutrition information for 1 serving:

Calories: 319      Carbohydrates: 19 grams      Fat: 25 grams      Protein: 5 grama

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## Pumpkin Spice Latte

Makes 2 servings.

Ingredients:

- 2 cups milk
- 2 tablespoons pumpkin puree
- ½ teaspoon vanilla extract
- ½ teaspoon pumpkin pie spice
- 1 tablespoon maple syrup
- ½ cup coffee or 2 shots of espresso
- Whipped cream (for topping)

Nutrition information for 1 serving:

Calories: 196      Carbohydrates: 20 grams      Fat: 9 grams      Protein: 8 grams

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## White Chocolate Cashew Latte

Makes 1 serving.

Ingredients:

- 1 (15-ounce) can coconut milk
- ¼ cup white chocolate chips
- 2 tablespoons cashew nuts\*
- 1 tablespoon honey
- ½ teaspoon vanilla extract
- ½ to 1 cup coffee

\* Soak the cashew nuts in the coconut milk for 30 minutes before blending.

Nutrition information for 1 serving:

Calories: 383      Carbohydrates: 34 grams      Fat: 25 grams      Protein: 6 grams

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## Vanilla Chai Latte

Low-fiber. Makes 1 serving.

### Ingredients

- ½ cup milk
- 2 tablespoons sweetened condensed milk
- 2 cups hot black tea
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- ½ teaspoon ground cloves
- ½ teaspoon ground cardamom
- ¼ teaspoon ground ginger
- 1 teaspoon cinnamon

Nutrition information for 1 serving:

Calories: 261      Carbohydrates: 44 grams      Fat: 7 grams      Protein: 7 grams

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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