

High Protein and Calorie Shakes & Smoothies

The blender is your friend! Get creative with high calorie shakes and smoothies. Here are a few recipes to get you started.

Food Safety Guidelines:

- Thoroughly wash all fruits and vegetables before blending them.
- Use a clean cutting board.
- Do not use raw eggs. If eggs are to be used, a pasteurized egg product is recommended.
- Leftovers should be refrigerated and consumed within the same day.

Cleaning your Blender:

- Clean right after each use. Any food left in the blender could cause foodborne illness.
- Fill halfway with warm water, add a drop of liquid dish detergent and cover. Blend on a low speed for a few seconds. Rinse well.
- For stubborn stains, add white vinegar to the warm water before blending.

Milk-Based Recipes

You can substitute any of the following in place of milk: liquid nutritional supplements, soy milk, silken tofu, Lactaid® milk, or non-dairy creamers.

Basic Milkshake

$\frac{3}{4}$ cup milk (or substitute)
1 cup ice cream

Put all ingredients into a blender, cover, and blend until smooth.
360 calories, 10 gm protein.

Flavoring ideas:

- 1 to 2 Tbsp chocolate, strawberry, or caramel syrup
- $\frac{1}{2}$ mashed banana
- $\frac{1}{4}$ to $\frac{1}{2}$ cup fresh or frozen strawberries
- 1 to 2 Tbsp peanut butter
- 2-4 crumbled chocolate sandwich cookies

High Protein Milk

1 quart milk
1 cup nonfat dried milk powder

Blend ingredients until powdered milk dissolves. Refrigerate.
Makes 4 servings.
250 calories, 16 gm protein

The Super Shake

8 oz can of Ensure® Plus/Boost® Plus or equivalent
1 cup whole milk
1 cup ice cream

Put all ingredients into a blender and blend until smooth. Makes 2 servings.
430 calories, 15 gm protein

Malted Milkshake

½ cup milk (or substitute)
1 Tbsp malted milk powder
½ cup half and half
1 pack Carnation Breakfast Essentials®
2 cups ice cream
2 Tbsp Ovaltine®

Put all ingredients into a blender and blend until smooth. Makes 2 servings.

450 calories, 12 gm protein

Sherbet Shake

¾ cup milk (or substitute)
1 cup sherbet, any flavor

Put ingredients into blender, cover, and blend until smooth.

360 calories, 8 gm protein

Coffee Buzz

2 tsp of instant coffee, mixed in 1 Tbsp water
1 cup milk (or substitute)
1 pack of chocolate or vanilla Carnation Breakfast Essentials®

Blend all ingredients together

290 calories, 9 gm protein

Cocoa Supreme

1 pack chocolate Carnation Breakfast Essentials®
8 oz milk
1 tsp chocolate syrup

Heat milk and add instant breakfast and syrup. Stir well to blend. Option: top with marshmallows if allowed.

215 calories, 9 gm protein

High Protein/High Energy Shake

½ cup milk (or substitute)
1 pack Carnation Breakfast Essentials®
¼ cup egg substitute
½ cup ice cream

Put all ingredients into a blender and blend until smooth.

470 calories, 22 gm protein

Peanut Butter Oatmeal Smoothie

¼ cup old fashioned oats
2 Tbsp creamy peanut butter
1 banana
½ cup soy milk

Put all ingredients into a blender and blend until smooth.

420 calories, 14 gm protein

Peanut Butter Chocolate Smoothie

1 cup chocolate almond, soy, or cow's milk
2 Tbsps creamy peanut butter
2.5 ounce container baby food prunes
¼ tsp cinnamon
½ frozen banana
4 ice cubes or ½ cup crushed ice

Blend everything except ice and frozen banana. Add remaining ingredients and blend until smooth.

475 calories, 16 gm protein

Yogurt-Based Recipes

Creamsicle Breakfast Shake

¾ cup vanilla or plain yogurt
¾ cup orange juice
1 pack vanilla Carnation Breakfast Essentials®

Add all ingredients to the blender, cover, and blend until smooth.
380 calories, 11 gm protein

Peppermint Pattie Smoothie

1 cup vanilla soy milk
1-2 Tbsp cocoa powder
1 handful spinach (try it, it is delicious AND nutritious!)
½ cup dry milk
½ cup plain Greek yogurt
½ cup mint choc chip ice cream
1 small banana
4 - 6 ice cubes

Blend milk, cocoa powder, spinach, yogurt and ice cream until combined. Add banana and ice cubes and blend until smooth.
600 calories, 28 gm protein

Key Lime Delight Shake

2 cups vanilla yogurt
6 oz key lime yogurt
2 ripe bananas
1/3 cup milk (or substitute)

Put all ingredients into a blender and blend until smooth. Makes 2 servings.
360 calories, 12 gm protein

Pumpkin Cheesecake Smoothie

½ cup canned pumpkin puree
½ cup plain Greek yogurt
2 ounces cream cheese
¼ cup orange juice
2 Tbsp agave or honey
⅛ tsp pumpkin pie spice
⅛ tsp salt
½ tsp vanilla
1 medium frozen banana
½ cup crushed ice

Place first 8 ingredients in a blender, blend until combined. Add ice and frozen bananas until smooth.
560 calories, 17 gm protein

Blueberry-Banana Smoothie

1/2 cup frozen blueberries
½ medium banana (frozen)
¾ cup plain Greek yogurt
¾ cup unsweetened vanilla almond milk
2 cup ice cubes

Add all the ingredients into a blender and pulse until smooth.
200 calories, 19 gm protein

Strawberry-Banana Frappe

1 cup milk (or substitute)
2 bananas
1 carton (8 oz.) strawberry yogurt
1 Tbsp lemon juice

Combine all ingredients in blender. Makes 2 servings.
275 calories, 9 gm protein per serving

Fruit-Based

High Protein Fruit Drink

8oz Boost® Breeze/Ensure Clear™ or equivalent product
½ - 1 cup sherbet
6 oz ginger-ale

Add all ingredients to the blender, cover, and blend until smooth.
450 calories, 9 gm protein

Frozen Fruit Slush

6 oz can frozen fruit juice
4 Tbsp sugar
3 cups crushed ice

Combine all ingredients in blender and mix until slushy.
250 calories, 0 gm protein

Breakfast Shake

6 oz. can frozen concentrated orange juice
¼ cup cold water
1 cup ice cubes
1 carton (8 oz.) plain yogurt

Combine all ingredients except ice cubes in blender and blend until frothy. With mixture still running, drop in ice cubes one at a time.
Makes 2 servings.
240 calories, 8 gm protein

Juice Shake

¾ cup pineapple juice (or other juice)
¼ cup egg substitute (optional)
1-½ cups vanilla ice cream

Add all ingredients to the blender, cover, and blend until smooth.
630 calories, 13 gm protein

Strawberry Cheesecake Shake

6 to 7 strawberries
½ cup cold milk
½ cup cottage cheese
Honey to taste

Combine all ingredients in blender until smooth. *270 calories, 18 gm protein*
Hint: Use frozen strawberries for a thicker shake.

Green Smoothie

1 banana
½ cup frozen mango chunks
½ ripe avocado
1 cup baby spinach
1¼ soy or almond milk
½ tsp vanilla

Add all ingredients to the blender, cover, and blend until smooth.
485 calories, 11 g protein

Apple Pie Smoothie

1 cup applesauce
½ tsp cinnamon
1 Tbsp brown sugar
1 cup vanilla ice cream
½ tsp vanilla

Add all ingredients to the blender, cover, and blend until smooth.
380 calories, 6 gm protein