

Providing compassionate care and hope to people facing cancer

Pump Up the Protein Smoothies: Fall 2026 EW II

Ingredients

Chocolate Banana Black Bean Smoothie:

1 ½ cups cooked black beans (no salt added)

2 large over-ripe bananas, frozen in chunks

½ cup milk

¼ cup plain yogurt

2-3 Tbsp. cocoa powder, unsweetened

*Touch of sweetener (honey, maple syrup or Medjool date)
to taste*

Large spoonful of peanut butter

Instructions

1. Drain and rinse beans very well.
2. Add all ingredients into a high-powered blender and blend.
3. Start with 2 Tbsp. cocoa powder and add more if needed to taste.
4. Add sweetener. Taste and tweak as needed to desired taste.
5. Serve cold.
6. Note: freeze **peeled** bananas in chunks in a plastic bag or sealed container.
7. Note: A single serving provides about 12 g fiber and 13 g protein.
8. Serves: 2

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Ingredients

Peanut Butter Banana Chocolate Shake:

4-6 ice cubes

1 cup low fat milk

½ large ripe banana, broken into pieces

¼ cup cocoa powder

¼ cup creamy peanut butter

2 Tbsp. honey

Spinach, PB & banana smoothie:

1 cup plain Kefir

1 Tbsp. creamy peanut butter

1 frozen banana

1 Tbsp. honey

Cherry Berry Blast:

¼ cup apple (or cranberry) juice

1 cup vanilla flavored Greek yogurt (or plain)

1 cup frozen, pitted cherries

¾ cup frozen blueberries

Makes 2 servings

Instructions

1. **Peanut Butter Banana Chocolate Shake:** In a blender crush the 4 ice cubes. Combine all ingredients and blenderize. Add more ice if needs to be colder.
2. **Spinach, PB & banana smoothie:** Place kefir, PB, spinach, banana and honey in a blender and process until smooth.
3. **Cherry Berry Blast:** In a blender, combine the juice and yogurt. Add one fruit at a time and blend together until smooth consistency. Pour in a glass and enjoy!

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Nutrition Tips

- *Add peanut butter, avocado, full fat yogurt, whole milk, 1 Tbsp oil or a commercial shake such as Ensure to your smoothie if needing additional calories to prevent weight loss.*
- *Single serve blenders such as a Ninja Bullet may be useful for preparing 1 serving.*
- *Pour the smoothie through a sieve or flour sifter after blending to strain out any seeds or skins if having swallowing difficulty.*
- *No need to wash pre-packaged **frozen** fruit.*
- *Add prune juice if experiencing constipation.*

