

PEACHES AND CREAM SMOOTHIE

Simple meals like shakes and smoothies are often helpful ways for people caring for or living with pancreatic cancer to get the nutrients they need. This Peaches and Cream Smoothie combines the potassium and fiber benefits of peaches and bananas along with soluble fiber from rolled oats, which can help to alleviate loose bowel movements and promote regularity. The protein powder can be added at the recommendation of your healthcare team for additional nutritional value. Dairy components can be easily substituted with lactose-free or non-dairy versions. **Yield: 1-2 servings**

INGREDIENTS:

- ½ cup rolled oats
- ⅓ cup plain yogurt (or soy/coconut/almond yogurt)
- ¾ cup milk (or soy/almond/rice milk) + ¼ cup more for morning
- 1 small ripe peach (or ½ cup frozen peaches, thawed and softened)
- ½ medium banana
- Pinch of salt
- 1-2 Tbsp. protein powder (whey or soy) (optional)

DIRECTIONS:

1. Gather all ingredients
2. Combine ingredients in a blender and enjoy
3. Store in a container in your refrigerator overnight if making ahead of time. In the morning, add last ¼ cup milk, more if you need it to blend smoothly.

Nutritional Data:

(assumes regular whole milk and yogurt)
426 calories, 9 grams fat, 4.5 grams saturated fat,
25 mg cholesterol, 68 grams carbohydrate, 7 grams dietary
fiber, 20 grams protein

The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.

