

HOMEMADE PROTEIN SMOOTHIES



BERRY SMOOTHIE

2/3 C silken tofu (soft)
1 C berries (frozen, unsweetened)
1 T frozen juice concentrate
1 t vanilla extract
Splenda or other sweetener (if desired)

EASY SMOOTHIE

1/2 C Pasteurized Liquid Egg Product
1/2 C Frozen Non-Dairy Whipped Topping
Flavoring (ex: almond extract, lemon juice, vanilla extract)

MILK SHAKE

1/2 C non-dairy liquid creamer (flavor of choice)
1/2 C Pasteurized Liquid Egg Product
1 scoop protein powder

LIGHT MILK SHAKE

1/2 C Frozen non-Dairy Whipped Topping
1 scoop protein powder
1/2 C water
1/2 t vanilla extract

PROTEIN SOURCES:

- Protein powder (whey or soy)
- Pasteurized Liquid Egg White (refrigerated carton, contains no phosphorus)
- Silken Tofu (soft or extra soft)
- Nut butter or peanut butter powder

CHOCOLATE MOUSSE

1 cup Frozen Non-Dairy Whipped Topping
2 T chocolate syrup
1 scoop protein powder

mix together and re-freeze, serve straight from the freezer

kcal

For nutrient breakdown, ask your dietitian



Extracts, zest, juice, or coffee syrups can be added to change flavors



You can refrigerate extra smoothie, just stir with a spoon if it separates



Yogurt, ice cream, milk, or similar dairy products are high in Potassium and Phosphorus

Protein Sources



Berry Smoothie



Easy Smoothie



Milk Shake



Light Milk Shake



Chocolate Mousse

