

Dairy-Free Blueberry Blast Shake

**Oncology
Nutrition**

a dietetic practice group of the
**Academy of Nutrition
and Dietetics**



Recipe:

Dairy-Free Blueberry Blast Shake

Serves: 1

Serving Size: 12-ounce glass

Ingredients:

- 1 medium banana
- ¾ cup frozen blueberries
- 2 Tablespoons non-dairy protein powder of your choice
- 1 cup soy milk or plant-milk of your choice (almond, coconut, etc)
- ½ cup apple juice
- 1 cup ice cubes

Instructions:

1. Place all ingredients in a blender
2. Cover and blend on high until smooth
3. Chill before serving

Nutrition Facts:

Calories 377

Fat 72 (g)

Carbohydrate 73 (g)

Protein 19 (g)

Sodium 253 (mg)

Percent Calories

Fat: 26%

Carbohydrates: 56%

Protein: 18%

Submitted by Joseph Gonzales, RD; Edited by student Sarah Pennington on behalf of ON DPG