



## Clinical Nutrition Services Plant Based High Calorie, High Protein Recipes

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## Sauces and Gravies

### Creamy Jalapeno Sauce

#### Ingredients:

2-6 jalapeno peppers, stemmed and optionally seeded. Chop raw or cut in half, grill, and chop after grilling

1-2 tsp olive oil for grilling jalapenos (not needed if you aren't grilling them)

1 cup raw cashews soaked in water for 1 hour to overnight.

½ cup unflavored soy or almond milk

1/4 cup water

¼ cup lime juice

2 tsp agave

½ cup fresh cilantro, washed and rough chopped

#### Instructions

1. Optional – brush jalapenos with olive oil and grill
2. Chop jalapenos
3. Drain cashews
4. Place cashews, jalapenos, soy or almond milk, water, lime juice and agave in blender
5. Blend until smooth
6. Add cilantro and blend until cilantro is finely chopped.

*Recipe from Connoisseursveg.com (Grilled vegetable Fajitas with Creamy Jalapeno Sauce)*

Sauce can be used on grilled vegetables, as a dip for raw vegetables, or as a salad dressing.

### Classic Pesto

#### Ingredients:

4 c basil leaves

½ cup olive oil

1/3 pine nuts

2 garlic cloves, minced (2 tsp)

¼ c grated Parmigiano-Reggiano

**Instructions:** Put all ingredients in blender or food processor and blend to smooth consistency.

Use on pasta, polenta, roasted vegetables, drizzled over tofu or egg-based breakfast wraps.

## Mushroom Gravy

### Ingredients:

12 oz mushrooms (button, cremini, baby bella or combination)  
2 teaspoons olive oil, or more as needed  
1-2 tablespoons soy sauce (optional)  
3 tablespoons flour  
1-2 cups vegetable stock, divided  
1 teaspoon Italian seasoning

**Directions:** Clean and slice mushrooms, then sauté in oil until soft (at least 5 minutes). Mix flour with  $\frac{1}{4}$  cup of stock or water until smooth (whisk together in a bowl). Add remaining stock to mushrooms along with soy sauce and about half the flour mixture. Bring gravy to simmer for 3-5 minutes stirring regularly. If the gravy is not thick enough for your taste, add the remaining flour mixture and continue heating and stirring until it thickens.

Serve immediately. Works well over mashed potatoes, or grains such as quinoa.

*Adapted from The Survivor's Handbook: Eating Right for Cancer Survival, by the Cancer Project*

## Cheezy Sauce

### Ingredients:

2 c vegetable broth or water  
 $\frac{1}{4}$  c all purpose flour  
1 T olive oil  
3 cloves garlic, minced  
Pinch of dried thyme  
Pinch of black pepper  
 $\frac{1}{8}$  tsp turmeric  
 $\frac{3}{4}$  c nutritional yeast  
1 T fresh lemon juice  
1 tsp prepared yellow mustard

**Directions:** Combine the broth and flour in a measuring cup and whisk together until dissolved. Heat a small sauce pan over medium heat, place oil and garlic in the pan and cook for several minutes, add broth/flour mixture and cook until simmering and starting to thicken slightly. Add remaining ingredients and whisk together. Use as vegan version of cheese sauce for macaroni and cheese, or over baked potatoes or steamed broccoli.

*From Veganomicon by Isa Chandra Moskowitz and Terry Hope Romero.*

### Peanut Sauce

2 tsp peanut oil (or canola oil)  
2 cloves garlic minced (2 tsp)  
2 TBSP ginger minced or grated  
1 cup water  
2 TBSP soy sauce  
1 tsp ground coriander  
3/4 cup all natural peanut butter  
2 TBSP maple syrup  
3 TBSP rice vinegar (unseasoned)  
2 tsp Asian chili sauce (sub tabasco – several drop or to taste)

#### Instructions:

1. In a small saucepan, sauté garlic and ginger in oil over low-medium heat.
2. Add water, soy sauce, coriander and bring to boil.
3. Add the peanut butter and turn the heat to low.
4. Whisk well until the peanut butter and oil are combined.
5. Mix in maple syrup, rice vinegar, and chili sauce or tabasco. Remove from heat.

Makes 2 cups. Entire recipe = 1345 calories, 48 g pro. 1 Tbsp = 42 calories, 1.5 g protein.

From Vegan with a Vengeance by Isa Chandra Moskowitz, part of the recipe Cold Udon Noodles with Peanut Sauce and Seitan. Use as a sauce over soba or other noodles; over broccoli, nappa cabbage or other vegetables, dipping sauce for spring rolls, flavor element for wraps, or as salad dressing; reduce or eliminate the water and use it as a dip for raw vegetables. Replace water with coconut milk for more calories and a different taste. Freezes well.

### Roasted Red Pepper Sauce

Use on roasted vegetables, pasta, over stuffed squash or mushroom caps, as a dip for shrimp (in place of cocktail sauce), as salad dressing. Freezes well.

2-3 large red peppers, seeded and roasted  
1/2 c canola or olive oil  
½ -1 garlic clove, minced (1/2-1 tsp)  
½-1 tsp red wine vinegar, or to taste  
½-1 tsp agave, or to taste  
1/8 -1/4 tsp salt, or to taste  
2-3 tsp minced fresh dill (optional)  
Ground black pepper to taste (optional)

**Instructions:**

1. Stem, seed, and roast red peppers; remove blackened, roasted skin and discard.
2. Placed all ingredients in blender and puree.

Makes 1-1 ½ cups. Nutrition: 1000 calories, 5 g protein

Per 1 Tbsp = about 50 calories, no protein.

*Adapted from Moosewood Restaurant New Classics by The Moosewood Collective*

### Tahini Dill Sauce

Recommend as a salad dressing, a dip for fresh vegetables, or a sauce for lentils, roasted vegetables, or over salmon.

**Ingredients:**

1/2 c tahini (sesame seed paste)  
1/2 c water  
½-1 tsp clove garlic minced (1/2-1 tsp)  
¼ c lemon juice  
2 T oil, canola and/or olive  
2-3 tsp balsamic vinegar  
¼-1/2 tsp paprika  
1/8 t salt  
1 c lightly packed fresh dill, chopped fine.  
Optional – ¼-1/2 tsp agave or honey if seems too tart/bitter

**Instructions:**

1. Combine all ingredients except dill in a blender, food processor or just in a bowl.
2. Fold in finely chopped dill.

Makes 1-1.5 cups. Nutrition =490 calories, 12 g protein.

Per 1 Tbsp = 20-30 calories, and less than 1 g protein per tablespoon.

*From Veganomicon by Moskowitz and Romero.*

### Kalamata Olive Tapenade

**Ingredients:**

1 ½ cup Kalamata olives pitted  
3 TBSP capers, drained  
2 cloves garlic minced  
Handful or fresh parsley (~1/2 cup lightly packed)

½ tsp dried oregano  
½ tsp dried tarragon  
few dashes of black pepper  
1 TBSP red wine vinegar  
2 TBSP olive oil

**Directions:** Combine all ingredients in a blender or food processor, chop/blend until ingredients are small crumb-sized pieces, or to desired consistency.

Use in pasta, as a topping for crostini, or a sandwich spread.

*From Vegan with a Vengeance by Isa Chandra Moskowitz.*

### Muhammara: Roasted red pepper and walnut spread

**Ingredients:**

2-3 whole roasted red bell peppers  
2/3 c bread crumbs  
1 c walnuts, raw or toasted  
4 large garlic cloves, peeled  
½ tsp salt  
1 T fresh lemon juice  
2 tsp agave nectar (can substitute honey if being vegan is not a concern to you)  
1 tsp ground cumin  
¼ tsp red pepper flakes (or more if desired)

**Directions:** In a blender or food processor, combine the peppers, bread crumbs, walnuts, garlic cloves, salt, lemon juice, agave nectar, cumin, and red pepper flakes. Puree to a smooth consistency. Scrape down the sides of the blender/food processor and make sure all ingredients are thoroughly combined. If you want extra calories, or like a richer taste, add some olive oil during blending. Serve with pita triangles, fresh bread, crackers, chips, or raw veggies. Entire recipe is about 1000 calories, 20 g protein.

*from Vegan Table by Colleen Patrick-Goudreau*

### Wegman's Nut and Mushroom Pate

**Ingredients:**

Onion, peeled, 1-inch dice  
2 pkgs (10 oz each) Whole Baby Bella Mushrooms, washed, stemmed, 1-inch dice

¼ cup plus 2 Tbsp Extra Virgin Olive Oil, divided  
Salt and pepper to taste  
1 cup Tamari roasted almonds  
8 oz. Firm Tofu  
¼ cup Tahini Butter  
2 Tbsp Soy Sauce  
Juice of 1/2 lemon (about 1 1/2 Tbsp)  
1 clove garlic, minced  
½ tsp chopped Oregano leaves  
½ tsp chopped Thyme leaves

**Instructions:**

1. Add onions and mushrooms to food processor; pulse until fine. Heat 2 Tbsp of olive oil in pan on MED. Add onion-mushroom mixture; season with salt and pepper. Cook, stirring occasionally, about 30 min, until mixture is dark brown and dry. Remove from heat; let cool.
2. Add almonds to food processor; pulse until they form a coarse meal. Transfer to bowl; set aside. Add tofu, 1/4 cup olive oil, tahini, soy sauce, lemon juice, garlic, oregano and thyme to food processor; blend until smooth.
3. Add tofu mixture and onion-mushroom mixture to bowl with almond meal; stir to combine. Season with salt and pepper if needed. Chill before serving.

**Chef Tips:**

- If you prefer to bake the veggies: Preheat oven to 350 degrees. Toss finely chopped onions and mushroom with 2 Tbsp olive oil; season with salt and pepper. Place on greased baking sheet; bake, stirring occasionally until dark brown, dry, and crumbly. Depending on your specific oven, this takes about 60-75 min.
- You can substitute 1/4 tsp dried herbs for fresh herbs.

Nutrition Info: Each serving (2 Tbsp) contains 70 calories, 3 g carbohydrate, (1 g fiber), 3 g protein, 6 g fat, (1 g saturated fat), 0 mg cholesterol, and 80 mg sodium.

<http://www.wegmans.com/webapp/wcs/stores/servlet/ProductDisplay?storeId=10052&catalogId=10002&langId=-1&productId=728862#>



## Vegan Corn Casserole

### Ingredients:

- 1 (4 oz) stick dairy-free margarine, melted (Earth Balance works well)
- 1 can creamed corn (does not contain cream)
- 1 can corn, regular-style
- 1 7-to-8-oz. package vegan cornbread mix
- 1 cup vegan sour cream
- Optional: 1 cup shredded vegan cheddar cheese

### Instructions:

Preheat oven to 350 degrees. Lightly grease an 8x8" baking pan.

In a large bowl, stir together margarine, both corns, cornbread mix, and vegan sour cream until smooth. Pour into pan, and bake for 40 minutes. Sprinkle vegan cheese on top, and bake for 10 more minutes. Let it cool for a while before cutting into squares and serving; otherwise, you'll just end up with a formless yellow blob on your plate.

*From the website [vegansaurus](#)*

## Cashew-Tofu Ricotta

### Ingredients:

- 1/2 cup raw cashews, soaked 2-24 hours and drained
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 2 garlic cloves
- 1 lb firm tofu, drained and crumbled
- 2 T nutritional yeast
- 1 1/2 teaspoons salt

**Directions:** Combine first 4 ingredients in food processor. Puree to thick paste; add tofu, salt and nutritional yeast, and blend until smooth.

*Adapted from [Veganomicon](#) by Moskowitz and Romero.*

## Banana Ricotta Cream

Makes 6 (1/2 cup) servings

### Ingredients:

3 very ripe bananas (about 1 pound)  
1 (15 oz) container regular (full fat) ricotta cheese  
1 Tbsp honey  
1 Tbsp lemon juice

**Directions:** Cut bananas into chunks and place in food processor with ricotta, process about 10 seconds. Add honey and lemon juice, process until blended to desired consistency (some need it very smooth, some like a little more texture). Serve with fruit (or fruit puree if you need that consistency).

Nutrition info per serving: 188 calories, 9 g protein

*From Eat Well, Stay Nourished: Published by SPOHNC ([www.spohnc.org](http://www.spohnc.org))*

## Fresh Berries with Avocado Chocolate Mousse

### Ingredients:

1 ripe avocado  
3 Tbsp honey  
¼ cup unsweetened cocoa powder  
1-2 tsp vanilla extract  
1/8 tsp salt  
4 Tbsp unsweetened almond milk (adjust amount depending on desired consistency)  
1 ½ cups fresh berries

### Instructions:

1. Place avocado into food processor and puree until only small bits of avocado remain.
2. Add honey, cocoa powder, vanilla extract, salt and process until well combined. Scrape sides of food processor to ensure cocoa powder is incorporated.
3. Gradually add 1 Tbsp of almond milk at a time to achieve a creamy consistency.

4. Place ½ cup of berries in 3 individual serving dishes. Top with spoonful (about 2-3 Tbsp) of chocolate mousse.
5. Refrigerate up to 1 hour before serving. Garnish, if desired.

## Chocolate Mousse or Chocolate Mousse Pie

### **Ingredients:**

- 1 cup semi-sweet chocolate chips
- 1 cup fortified soymilk (can use dairy milk if you like)
- 2 packages (12.3 oz each) low-fat or regular silken tofu
- 1 tsp vanilla extract
- 1 (10-inch) ready-made graham cracker crust (optional)

### **Instructions:**

1. Place chocolate chips and soymilk in microwave safe bowl and microwave for 1 minute. Stir. Continue alternately heating for 15-60 seconds then stirring until melted and combined.
2. Transfer to food processor, add tofu and vanilla extract and process until smooth.
3. Pour into pie crust, if using, or small individual serving dishes and chill for 2 hours in refrigerator.
4. Store covered in refrigerator for up to 3 days.

Makes 10 servings. Each serving of filling: 125 calories, 6 g protein

*Adapted from The Cancer Survivor's Guide by Neal Barnard and Jennifer Reilly*

## Anytime Bars

These date and nut treats are nutrient dense, as the base ingredients are oats, nuts and dried fruits. Makes 25 Bars

### Ingredients:

1 cup pecan halves	¼ cup old-fashioned rolled oats
1 cup whole almonds	1 cup pitted dates, quartered
¼ cup whole wheat pastry flour or all-purpose flour	1 cup dried apricots, halved
2 Tbsp ground flaxseeds	1 egg
¼ tsp salt	5 Tbsp maple syrup
1/8 tsp baking powder	1 tsp vanilla
1/8 tsp baking soda	1 ½ tsp grated orange zest (optional)

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Spread the nuts in a single layer on lined baking sheet. Toast for 7-10 minutes until lightly brown and aromatic.
3. Reduce oven temperature to 325 degrees F. Spray 9" square pan with cooking spray.
4. Combine flour, ground flaxseeds, salt, baking soda and baking powder in a food processor or blender and process for 5 seconds to combine.
5. Add the toasted nuts to the flour mixture and pulse 5 times to coarsely chop. Add the oats, dates and apricots and pulse 10-15 times, until the mixture is well chopped but still coarse.
6. In a large bowl, whisk the egg, maple syrup and vanilla together until thoroughly combined.
7. Add the fruit and nut mixture and grated orange zest to the liquid ingredients and mix thoroughly.
8. Spread the mixture in the greased 9" baking pan in an even layer. Bake for 25-30 minutes, until set and golden brown; don't over bake or the bars will be too dry.
9. Let cool on a wire rack for 5 minutes, then cut into 25 squares. Leave the bars in the pan until completely cool, so they'll hold together when you remove them.

### Variations:

- Use walnuts instead of almonds or pecans
- Add 1/4 cup dried cranberries, cherries or currants when mixing together in Step 7.
- Add 2 tbsps sesame seeds when mixing together in Step 7.
- Add 1/4 cup unsweetened, shredded coconut when mixing together in Step 7.

*Source: The Cancer Fighting Kitchen by Rebecca Katz*

## Energy Bites

### Ingredients:

½ c walnuts  
½ c almonds, slivered  
¼ chia seeds  
¼ pitted dates  
¼ c cocoa powder  
2 Tbsp maple syrup  
2 Tbsp honey  
¼ c almond butter (can sub peanut butter or cashew butter if you wish)  
½ tsp vanilla extract  
Pinch sea salt  
Unsweetened shredded coconut or cocoa powder (for rolling bits in)

**Instructions:** Place walnuts, almonds, and chia seeds in food processor or blender, process until coarsely ground. Add dates, pulse until dates are coarsely ground. Add cocoa powder, maple syrup, honey, almond butter, vanilla extract and salt. Process until finely ground. Form the mixture into 1 inch balls, roll in coconut or cocoa powder. Store in refrigerator or freezer.

## Breakfast Quinoa

### Ingredients:

1 cup quinoa (uncooked)  
1 can (14 oz) Thai Kitchen coconut milk  
1 c water  
1 tsp vanilla extract  
2 T maple syrup  
½ tsp ground cinnamon  
¼ tsp sea salt

**Instructions:** Combine all ingredients in a large sauce pan, bring to boil, cover, reduce heat and simmer for 20 minutes. Adjust thickness as desired with more water if needed.

*Adapted from The Survivor's Handbook: Eating Right for Cancer Survival, by the Cancer Project.*

## Smoothies and Shakes

### Chocolate Banana Smoothie

#### **Ingredients:**

- 1 banana
- 1 c soy milk or Ripple Original
- 6-8 dates
- 2/5 tub silken tofu
- 1 Tbsp unsweetened cocoa powder
- ¼ tsp cinnamon
- 1/8 tsp Espresso powder, or more to taste

Blend all ingredients in blender. Makes 2 cups; entire recipe 360 calories, 18 g protein

### Carrot Cake Smoothie

Winning recipe in the National “Got Milk” Ultimate Smoothie Contest

- 2/3 cup chilled canned carrots, drained
- 2 tbsp crushed pineapple in juice
- 1/3 cup vanilla yogurt (full fat if you need the calories)
- 2 tbsp honey
- 1 cup milk (whole milk if you need the calories, or can even use Half and Half)
- 2 ice cubes
- ½ tsp cinnamon
- ¼ tsp ground ginger
- 1/8 tsp ground allspice
- Optional: dash nutmeg

1. Place everything except nutmeg in a blender jar, blend for 30-40 seconds or until smooth.
2. Pour into two glasses.
3. Top with a sprinkle of nutmeg if desired.

### Peanut Butter Shake

½ cup whole milk  
2 tablespoons dry milk powder  
1 tablespoon smooth peanut butter  
½ cup vanilla ice cream

Blend all ingredients in blender until smooth. Entire Recipe: 385 calories, 15 gm protein

### Cherry Almond Smoothie

**Ingredients:**

1 c frozen cherries  
1 T almond butter  
1 c Good Karma flaxmilk, Protein added  
2 T unsweetened coconut cream  
¼ tub silken tofu  
1 tsp Black Cherry concentrate (available at Lori's Natural Foods)  
2 T agave or honey  
1 tsp vanilla  
1/8 tsp cinnamon

Blend all ingredients together. Makes 2 cups.

### Pumpkin Pie Smoothie

**Ingredients:**

1 c Ripple Original  
1/5 tub extra firm tofu  
6 T pumpkin puree  
1 T cashew butter  
2 T Thai Kitchen coconut milk  
2 T honey or agave  
½ tsp cinnamon  
1/8 tsp allspice  
1/8 tsp nutmeg  
1/8 tsp ginger  
1 tsp molasses  
¼ tsp vanilla extract

Blend all ingredients together.

Makes 2 cups; entire recipe 510 calories, 21 g protein.

### Diana's Super Soy and Phytochemical Shake

#### **Ingredients:**

3-3.5 oz tofu (1/4 block of tofu)

6-8 baby carrots or 1 large cut into chunks or slices, or ½ -3/4 c shredded

¾ c fresh or frozen, unsweetened fruit

1 TBSP ground flax seeds

¾ cup soymilk

¾ c orange juice

Place all ingredients in blender, blend until smooth.

*Adapted from A Dietitian's Cancer Story by Diana Dyer, RD. (from website [cancerrd.com](http://cancerrd.com))*

### Banana Coffee Smoothie

A new smoothie recipe to use up all those frozen bananas in your freezer that became too mushy to eat.

2 small frozen bananas

1 and 1/2 cups plain or vanilla soymilk

1 (8oz.) container plain or vanilla Greek yogurt

1/4 teaspoon ground cinnamon

1 teaspoon instant coffee

dash nutmeg

Blend all ingredients together.

### Buttermilk Smoothie

¼ cup buttermilk

¼ cup lemonade or orange juice

½ cup vanilla ice cream



¼ cup liquid egg substitute

Blend ingredients in a blender until smooth.

Makes 1 cup. Entire recipe: 250 calories, 12 g protein

### Vegan Eggnog

1 c Good Karma Flax Plus Protein milk

½ soaked raw cashews, drained

2 T coconut cream

2 tsp agave

½ tsp nutritional yeast

¾ tsp rum extract

½ tsp vanilla extract

1/8 tsp cinnamon

Dash nutmeg

Blend all ingredients together. Makes 1 ½ c (12 oz).

Entire recipe = about 450 calories, 21 g protein.

Per 8 oz serving = 300 calories, 14 g protein (19%).

### Green Ripple

1 c Ripple Original

½ banana

½ c pineapple chunks

½ c kale (packed tightly)

½ c spinach (packed tightly)

¼ block silken tofu

1 Tbsp honey or agave

½ tsp vanilla extract

1/8 tsp cinnamon

Dash nutmeg

Blend all ingredients together. Makes 2-2 1/4 c (16-20 oz).

Entire recipe = about 330 calories, 18 g protein

Per 8 oz serving = 165 calories, 9 g pro (22%).

## Making Smoothies: Tips and Guidelines

Smoothies can be nutrient-dense meals or snacks, in addition to providing fluids. There are countless recipes available- start with your favorite fruit and experiment with the other ingredients until you find a combination that tastes great to you!

To maximize nutrition, try to include a source of protein, carbohydrate and healthy fat into your smoothie. The addition of protein and fat to the smoothie will increase the calorie content and provide more satiety than a fruit-only recipe. Don't forget to add flavor to your smoothie with herbs and spices such as vanilla, cinnamon, ginger or mint leaves.

Use the chart below as a guide for the basic ingredients. You can mix and match ingredients from each column to create unique flavor combinations.

<b>Protein</b>	<b>Carbohydrate</b>	<b>Fats</b>
Milk: Dairy, soy, Lact-aid, Buttermilk	Fruit (fresh, canned or frozen)	Olive (flavored) or canola oil
Yogurt- Greek or regular, Kefir	Fruit juice and nectars	Avocado
Dry milk, whey or soy powder	Vegetables, vegetable juices	Nut and seed butters – peanut butter, almond butter, pumpkin butter, cashews
Tofu	Honey , agave	Canned coconut milk (full fat), not the one in the dairy case
Half and Half	Maple syrup	Flax seeds (ground)
Cottage cheese	Ice cream/sherbet	Chia seeds (ground)
Pasteurized eggs (no raw eggs), ex: Eggbeaters	Flavoring syrups – fruit concentrates, chocolate, strawberry, butterscotch, etc.	Cream
Ensure, Boost, Carnation Breakfast Essentials, Orgain, etc.		Half and Half

Tips for shakes/smoothies:

1. Follow food safety guidelines- Wash hands, equipment, and raw fruits and vegetables.
2. Whole fruits and vegetables- can include seeds/skins if you normally eat them; can also be optional depending on desired consistency. Avoid large seeds/pits or tough skins.
3. Blend all of the ingredients together to your desired consistency. Add more liquid if needed to thin out mixture or blend ingredients. The amount of liquid needed may also vary based on the “strength” of your blender. Almond milk and coconut water can be used to adjust the consistency and will add flavor to the smoothie (almond milk is not a good source of protein unless supplemented with protein).