

High Calorie Shakes and Smoothies

Try these recipes to improve your daily calorie intake, or be creative and make up your own.

High Calorie Beverage

- 1/2 cup heavy cream
- 1/2 cup half and half
- One packet Scandishake or Carnation Instant Breakfast
- Stir together well

High Calorie Milkshake - Basic Recipe

- 1 cup whole milk or half and half
- 1 cup ice cream
- One packet Scandishake or Carnation Instant Breakfast
- Chocolate, Strawberry, or Caramel syrup to taste
- Blend until smooth and enjoy!

Orange Cream Milkshake

- 1/2 cup whole milk or half and half
- 1 cup orange sherbet
- One packet vanilla Scandishake or Carnation Instant Breakfast
- Blend until smooth and enjoy!

Peach Milkshake

- 1 cup whole milk or half and half
- 1 cup vanilla ice cream
- 1 cup frozen or canned peaches
- One packet vanilla Scandishake or Carnation Instant Breakfast
- Blend together well

Oreo Milkshake

- 1 cup whole milk
- 1 cup ice cream
- 5 Double Stuff Oreos
- One packet vanilla Scandishake or Carnation Instant Breakfast
- Put the milk in the blender first and then the cookies so they will soften up for a minute
- Blend together well

Peanut Butter Milkshake

- 1 cup whole milk or half and half
- 1 cup vanilla ice cream
- 5 Peanut butter sandwich cookies
- 2 tablespoons peanut butter
- One packet Scandishake or Carnation Instant Breakfast
- Blend together well



Chocolate-Peanut Butter Shake

- 1/2 cup half and half or heavy whipping cream
- 3 Tablespoons creamy peanut butter
- 3 Tablespoons chocolate syrup
- 1 1/2 cup chocolate ice cream
- Blend together well
- Top with crushed Oreos



Apple Pie a la Mode Shake

- 1/2 cup whole milk
- 1 cup vanilla ice cream
- 1 cup apple pie filling
- Dash cinnamon
- Blend together well

Sherbet Shake

- 1 cup sherbet, any flavor
- 1/2 cup whole milk or half and half
- Blend until smooth

Grape Slush

- 2 grape juice bars
- 1/2 cup grape juice or 7-up
- 2 Tablespoons honey or corn syrup
- 1 Tablespoon corn or vegetable oil
- 1 cup ice cream or sherbet (optional)
- Blend together until smooth



Fruit Yogurt Smoothie

- 1/2 cup yogurt
- 1/2 cup fresh or frozen fruit or your choice
- 1 banana
- 1/4 cup orange or apple juice
- Combine all ingredients in a blender, mixing until smooth

Strawberry Banana Smoothie

- 1/2 cup ice
- 1/2 cup fresh or frozen strawberries
- 1 banana
- 1/4 cup yogurt or vanilla ice cream
- 1/4 cup apple juice
- Combine all ingredients in a blender, mixing until smooth



Mango Coconut Smoothie

- 1 cup chopped mango, fresh or frozen
- 3/4 cup orange juice
- 1/2 cup coconut milk
- 4 ice cubes
- Blend together until smooth

Chocolate Banana Smoothie

- 1 1/2 cups whole milk or half and half
- 1 banana, peeled
- 1 tablespoon honey
- 1/4 teaspoon vanilla extract
- 2 ice cubes
- 1/2 cup vanilla ice cream (optional)
- Blend together until smooth

High Calorie High Protein Shakes

References:

The Cancer Lifeline Cookbook, by K.Mathai and G. Smith (Sasquatch Books, 2004)

The Cancer-Fighting Kitchen, by R. Katz (Ten Speed Press, 2009)

High Calorie/High Protein Shake Recipes Handout (CMCD, last updated 6/4/02)