

Berry Yogurt Smoothie

 Serves **2** |  Prep time **5 min** |  Cook time **No cooking needed**

 Symptom support **Gut Support** | **High Protein**

How this recipe supports cancer health

This smoothie offers protein, probiotics, and antioxidants in a form that’s easy to tolerate when digestion is sensitive. Greek yogurt provides high quality protein to support strength and recovery, and its probiotics help restore healthy gut bacteria. Berries contribute antioxidants that protect healthy cells, along with gentle fiber that supports regularity. The banana adds carbohydrates for steady energy, while milk or soy milk increases the protein content and keeps the texture smooth.

It’s a cooling, well balanced option that supports gut repair, heart health, and reliable energy intake during treatment or recovery.

Ingredients

- 1 cup Greek yogurt (or soy yogurt)
- 1 cup frozen berries
- 1 banana
- 1 cup milk or soy milk
- 1 tsp honey or maple syrup



Instructions

1. Blend everything until smooth.
2. Add more milk if you want it thinner.

Vegan Swap

Use soy or coconut yogurt and plant-based milk.

Nutrition Info (per serving)

Approx. 200 kcal | 15g protein | 3g fiber
3g fat | Cholesterol-free if vegan

Notes