

Golden Smoothie

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

 Symptom support **Nausea** | **Gentle Digestion** | **Gut Support**

How this recipe supports cancer health

This smoothie delivers anti-inflammatory nutrients in a form that’s easy to digest. Turmeric provides curcumin, which supports inflammation control and may help protect healthy cells. Pineapple or mango adds enzymes and gentle fiber that support gut comfort. The protein powder and milk contribute high quality protein needed for maintaining strength and supporting tissue repair.

Its smooth texture and mild flavor make it appropriate for days when appetite is reduced or heavier foods are hard to tolerate, while still providing steady energy and digestive support.

Ingredients

- 1 scoop vanilla protein powder (or soy protein)
- 1 banana (fresh or frozen)
- ½ tsp turmeric
- 1 cup milk or soy milk
- ½ cup frozen pineapple or mango
- Optional: pinch of black pepper



Instructions

1. Blend all ingredients until smooth.
2. Add ice or extra milk for texture preference.

Vegan Swap

Use soy or oat milk and plant-based protein powder.

Nutrition Info (per serving)

Approx. 220 kcal | 20g protein | 3g fiber
4g fat | Cholesterol-free

Notes