Drink Your Calories

This banana oat smoothie is packed with protein, anti-inflammatory and has a delicious, chewy consistency.

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If you're too tired to eat—let alone cook—or your appetite is flagging, a high-protein smoothie can be an easy, filling option. Plus, it can help soothe mouth sores caused by radiation or chemo. This banana oat smoothie from Cook for Your Life (cookforyourlife.org) is packed with protein and anti-inflammatory omega-3 fat from flaxseed and has a delicious, chewy consistency. Pour into your blender:

1 cup whole milk, 1 tbsp nut butter, 1 large banana, 5 to 6 ice cubes, ¼ cup rolled oats, ½ tsp vanilla extract, ¼ cup protein powder, ½ tsp cinnamon, a pinch of nutmeg, 1 tbsp flaxseed meal and 1 tbsp honey. Blend on high until smooth, and serve immediately. Serves one. Each serving has 894 calories, 29 grams of fat, 103 grams of carbohydrates, 67 grams of sugar, 14 grams of fiber, 63 grams of protein and 760 milligrams of sodium. Tip: Choose a plain unflavored plant protein (such as whey) that is free of additives, herbs and supplements.

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