



Dr. Reeta's High-Calorie Smoothie

(To replace Ensure and avoid thickeners, artificial food additives and preservatives which can cause abdominal bloating and interfere with absorption of nutrients)

- 1 Cup whole milk Greek yogurt
- 1 Cup unsweetened coconut milk
- 1 Cup water
- 2 ripe bananas
- 10 ounces fresh fruit (or frozen, but you won't get any vitamin C without fresh)
- 2 Tablespoons honey (local if you can get some)

Blend all ingredients in blender and enjoy.

2 servings

Nutritional information per serving:

575 calories per serving

Protein 12.5 grams

Fat 37 grams

Carbohydrate 33 grams

Sodium 55 milligrams

Potassium 625 milligrams