



Dr. Reeta's High-Calorie Smoothie

(Replaces Ensure to avoid thickeners, artificial additives and preservatives which can cause abdominal bloating and interfere with nutrient absorption)

1 Cup Whole Milk Greek Yogurt
1 Cup Unsweetened Coconut Milk
1 Cup water
2 ripe bananas
10 ounces fresh fruit (use fresh frozen if necessary, but
vitamin C will be compromised)
2 Tablespoons honey (local if possible)
Puree all ingredients in blender and enjoy.

Makes approximately 5 - 1 Cup (8 fl. Oz) servings

Nutritional information per 8 oz. serving:

Calories:	223 (kCal)
Protein:	5.6 grams
Fat:	11.9 grams
Carbohydrates:	25.4 grams
Sodium:	25 milligrams
Potassium:	412 milligrams

Nutritional information per 12 oz. serving:

Calories:	334 (kCal)
Protein:	8.4 grams
Fat:	17.8 grams
Carbohydrates:	38.2 grams
Sodium:	37 milligrams
Potassium:	617 milligrams