

Peanut butter-banana shake (makes 1 serving)

This shake packs high protein but is soothing to the mouth.

Ingredients

¼ cup whole milk

1 frozen banana

¼ cup peanut butter

½ cup vanilla ice cream

1. Blend ingredients until smooth.

Source: Academy of Nutrition and Dietetics.



Sherbet Shake (makes 1 serving)
Tasty and soothing to the mouth.

Ingredients

½ cup sherbet
½ cup whole milk

1. Blend ingredients until smooth.

Source: Academy of Nutrition and Dietetics.



Carrot Soufflé (makes 8 servings)

If you are sensitive to sweet tastes, decrease sugar accordingly.

Ingredients

2 pounds carrots, sliced
1/3 cup sugar
2 large egg whites
3 large eggs
2 tablespoons all-purpose flour
1 ½ teaspoons baking powder
3 tablespoons butter, softened
1 teaspoon vanilla extract

1. Preheat oven to 350 degrees. Cook carrots in a small amount of water or in the microwave until very soft; drain well.
2. In a mixing bowl, beat carrots. Add sugar, egg whites, and eggs.
3. Mix together flour and baking powder, and add to carrot mixture, blending well.
4. Add butter and vanilla. Transfer to baking dish coated with nonstick cooking spray and bake for 1 hour.

Adapted from: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.



Roasted Cauliflower Soup (makes 5 servings)

This creamy, mild soup requires almost no labor. If you are experiencing gas or bloating, avoid this soup.

Ingredients

1 large (about 2 pounds) head cauliflower, cut into large florets

1 to 2 tablespoons olive oil

Salt and pepper

3 ½ to 4 cups chicken broth, heated

½ to 1 cup heavy cream

1. Preheat the oven to 425 degrees. On a foil-lined, rimmed baking sheet, drizzle cauliflower with oil and toss to coat. Sprinkle with salt and pepper. Roast for 25-35 minutes, or until very tender, tossing every 10 minutes.
2. Transfer to a blender and add 3 ½ cups of the warmed broth and ½ cup of the cream. Blend until smooth, adding more broth or cream to achieve desired consistency. Serve immediately.

Adapted from: American Cancer Society. What to Eat During Cancer Treatment.

