

Nutrient Dense Recipes

From the Academy of Nutrition and Dietetics Oncology Practice Group

These recipes are not only nutrient dense, but designed for patients with cancer who may have difficulties such as lack of appetite, trouble chewing or swallowing, or weight loss. To view more recipes, you can visit www.oncologynutrition.org

Dairy-Free Phytochemical Super Shake

SERVES: 1 SERVING SIZE: 12 OUNCES

Ingredients :

- 1/3 cup silken tofu
- 4-6 baby carrots
- 3/4 to 1 cup fresh or frozen mixed berries
- 1 tablespoon oat bran
- 1 tablespoon ground flaxseed
- 3/4 cup fortified plant-based milk (such as soy)
- 1/2 to 1 cup orange juice or blueberry juice

Instructions:

1. Place all ingredients in a blender
2. Cover and blend on high until smooth
3. Chill before serving

Calories: 400

Nuts and Seed Slice

SERVES: 12 SERVING SIZE: 1 SLICE

Ingredients:

- 12 Tablespoons butter
- 1 Tbsp golden syrup or honey
- 1 cup wheat flour
- 1 cup brown sugar
- 1 cup rolled oats
- 1 cup pre-roasted nuts and seeds
- 1 tsp baking powder

Instructions:

1. Melt butter with syrup or honey.
2. Add remaining ingredients.
3. Press in a cookie sheet.
4. Bake at 350°F for 15-20 minutes (depending on your oven).

Calories: 275



Dark Chocolate Avocado Mousse

SERVES: 2 SERVING SIZE: 1/2 CUP

Ingredients:

- 1 medium avocado
- 1/2 cup semi-sweet chocolate chips
- 1/4 cup sugar
- 1/4 cup cocoa powder, unsweetened
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/3 cup raspberries

Calories: 528

Instructions:

1. Halve the avocado and scoop the flesh into a food processor or blender.
2. Place the chocolate chips into a microwavable bowl and melt for 45 seconds to 1 minute, stirring frequently.
3. Add the sugar, cocoa powder, cinnamon, and vanilla extract to the melted chocolate and mix until smooth.
4. Add the chocolate mixture to the avocado flesh and blend until smooth.
5. Scoop the avocado chocolate mousse into glasses or ramekins and refrigerate for at least 30 minutes before serving.
6. Add 1-2 raspberries to each individual mousse prior to serving.



Okra Soup for Difficulty Swallowing

SERVES: 4 SERVING SIZE: 1 CUP

Ingredients:

- 4 Quarts of water
- 2 Large chicken or vegetable bouillon cubes
- 1 Pound of okra
- 1-2 cups cooked orzo or fine pasta

Calories: 67-95

Instructions:

1. Wash the okra and cut the two ends off. For stronger, more gelatinous soup, slice the okra into smaller pieces.
2. Add chopped okra to pot; add 4 quarts of water and chicken or vegetable bouillon and bring to a boil. Simmer for one hour.
3. After boiling, remove all okra to avoid small seeds
4. Add orzo or any fine pasta

