

# Dairy-Free Phytochemical Super Shake

**Oncology  
Nutrition**

a dietetic practice group of the  
Academy of Nutrition  
and Dietetics



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## *Recipe:*

Dairy-Free Phytochemical Super Shake

Serves: 1

Serving Size: 12-ounce glass

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## *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

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## *Instructions:*

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

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## *Nutrition Facts:*

Calories 400

Fat 156 (g)

Carbohydrate 71 (g)

Protein 18 (g)

Sodium 133 (mg)

Percent Calories

Fat: 29%

Carbohydrates: 60%

Protein: 17%

Submitted by Joseph Gonzales, RD from A Dietitian's Cancer Story by Diana Dyer, RD;  
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