

# Family Education Sheet

## Shakes and Smoothies



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**All shakes and smoothies are 12oz unless specified as *\*smaller portion (9oz)***

**Allergens:** M = Milk; S = Soy; P = Peanut; T = Tree Nut; C = Corn; G = Gluten

**DF** = Dairy Free

### Dreamsicle Shake (C) DF



- 1 cup Oatly vanilla ice cream
- ½ cup orange juice
- ¼ cup oat milk
- 2 tbsp vanilla syrup (or 1 tsp vanilla extract)
- ½ cup diced peaches

626 calories, 4.4g protein, 104.8g carbohydrate

### Chocolate SunButter Banana Shake (C) DF



- ½ cup Oatly milk
- 2 tbsp sunflower seed butter
- 1 banana (if possible, frozen)
- 1 cup Oatly chocolate ice cream
- ¼ cup chocolate syrup

875 calories, 13.8g protein, 126g carbohydrate

### Strawberry Shake (M,C) *\*smaller portion*



- 1 cup vanilla ice cream (dairy or non-dairy ice cream)
- ¼ cup strawberry syrup
- ¼ cup whole milk (dairy or non-dairy milk)

439 calories, 6g protein, 74.7g carbohydrate  
(DF): 527 calories, 3g protein, 85.2g carbohydrate

### Chocolate Shake (M,C) *\*smaller portion*



- 1 cup chocolate ice cream (dairy or non-dairy ice cream)
- ¼ cup chocolate syrup
- ¼ cup whole milk (dairy or non-dairy milk)

478 calories, 8g protein, 85g carbohydrate  
(DF): 504 calories, 4.5g protein, 82.8g carbohydrate

### Vanilla Shake (M,C) *\*smaller portion*



- 1 cup vanilla ice cream (dairy or non-dairy ice cream)
- 2 tbsp vanilla syrup (or 1 tsp vanilla extract)
- ¼ cup whole milk (dairy or non-dairy milk)

373 calories, 6g protein, 52g carbohydrate  
(DF): 461 calories, 3g protein, 62.5g carbohydrate

### Mixed Berry Smoothie (M,S)



- 1 container 5.3oz Strawberry Greek Yogurt
- ¼ cup Strawberries
- ¼ cup Blueberries
- 1 cup Plain Soymilk

217 calories, 15.7g protein, 31.3g carbohydrate

### Blue Cherry Ice (C) DF



- ½ cup Blueberries
- ½ cup Cherry Italian Ice
- 1 cup Cranberry Juice

230 calories, 0.3g protein, 59.4g carbohydrate

### Oreo Shake (M,S,C,G)



- 1 cup vanilla ice cream
- 4 chocolate sandwich cookies
- ¼ cup chocolate syrup
- 1 cup whole milk

810 calories, 14g protein, 125g carbohydrate

**Blueberry Banana (M,S)**

- 1 banana (if possible, frozen)
- 1 cup vanilla soy milk
- 1 container (5.3oz) vanilla Greek yogurt
- 1 cup frozen blueberries
- 1 tsp agave syrup

533 calories, 21.6g protein, 101 g carbohydrate

**Tropical Smoothie (M)**

- ½ cup frozen mango
- ½ cup pineapple tidbits
- 1 container (5.3oz) vanilla Greek yogurt
- 1 cup orange juice
- ½ cup diced peaches

436 calories, 16.3g protein, 92.5g carbohydrate

**Green Machine (M)**

- ½ cup frozen mango
- 1 banana (if possible, frozen)
- ½ cup pineapple tidbits
- 1 cup orange juice
- 1 container (5.3oz) vanilla Greek yogurt
- ½ cup spinach, fresh

517 calories, 19.9g protein, 110.6g carbohydrate

**Strawberry Sunshine (M)**

- ½ cup frozen strawberries
- ½ cup frozen mango
- 1 container (5.3oz) vanilla Greek yogurt
- ½ cup pineapple tidbits
- ¼ cup agave syrup
- 1 cup orange juice

681 calories, 15.9g protein, 152.8g carbohydrate

**Birthday Cake (M,S,C,G)**

- ¼ cup caramel sauce
- 1 package vanilla Carnation Breakfast Essentials®
- 1 cup whole milk
- 1 cup vanilla ice cream
- 2 tbsp rainbow sprinkles

882 calories, 19g protein, 142.3g carbohydrate

*Of note, nutritional information may vary based on brand specific products*

**Who can I call if I have questions?**

For more information about shakes and smoothies, please contact your child's registered dietitian or primary care provider. This nutrition family education sheet does not take the place of nutrition counseling with a registered dietitian. Medical professionals should consult with a registered dietitian before providing handouts to clients or patients.

If you would like to schedule an appointment with a registered dietitian, please contact the Center for Nutrition at **(617) 355-4677** or by email at [nutritiondept@childrens.harvard.edu](mailto:nutritiondept@childrens.harvard.edu).