

Cramming in the Calories After Bone Marrow Transplant

Being well-nourished has many benefits:

- 1 Greater energy and endurance
- 1 Maintaining strength
- 1 Better withstanding the effects of medical treatment and stress
- 1 Faster recovery from surgery and illness
- 1 Fewer infections and medical complications

Nausea, vomiting, bowel irregularities, taste changes, and a decreased appetite can all pose stumbling blocks to eating well. **Getting enough calories is important** to prevent weight loss and to spare the protein in your muscles from being broken down for energy.

Calorie Boosters:

	<u>Portion size</u>	<u>Calories</u>	
Nuts/Seeds (processed/roasted)	1/8 cup	100	Eat as a snack. Add chopped or ground nuts to pancakes, muffins, cereals, fruitcups, ice creams, puddings, yogurts, grains, chicken or tuna salads, casseroles, or baked goods.
Dried fruit (used in cooking)	1/4 cup	100	Cook in muffins, chicken or pork entrees, pancakes, grains, or hot cereals
Processed nut butters	1 Tbsp.	100	Spread on whole grain bread, crackers or bagels. Mix in cookies, brownies, and shakes.
Bean dips/Hummus (processed without raw ingredients)	1/4 cup	100	Top nachos, baked potatoes, pita bread, tortillas. (Don't forget the cheese!)
Cheese & cheese sauces (Avoid feta, brie, camembert, queso fresco, gorgonzola, bleu cheese, cheese sliced at a deli, and imported cheeses)	1 oz/1/8 cup	100	Top cooked vegetables, pasta, crackers, bagels, breads, nachos. Melt in soups, sandwiches, and eggs.

	<u>Portion size</u>	<u>Calories</u>	
Oils (canola, olive)	1 Tbsp.	120	Use to stir fry vegetables, chicken, fish, eggs. Drizzle over breads. Toss with pasta. Add to frappes.
Cream cheese	2 Tbsp.	100	Spread on bagels, toast, crackers.
Sour cream	1/4 cup	100	Top baked potatoes, beans, chili.
Avocado	1/3 of a medium	100	Slice and add to sandwiches, salads, or crackers.
Flax seed oil	1 Tbsp.	120	Add to flavored yogurts and frappes.

TIPS:

- Keep high calorie foods readily available at home and in your car.
- Bring high calorie snacks when away from home (especially doctor's appointments).
- Add calories to fruits by dipping in nut butters, or baking in pies and turnovers. You can also add to milkshakes or commercial nutritional supplements.
- Add calories to vegetables by stir frying in canola or olive oil, or serving with a cheese sauce.
- If overwhelmed by your usual dinner plate, use a small plate instead.
- Avoid eating snacks too close to mealtimes to avoid decreasing your appetite for meals.
- Keep fluids to a minimum at mealtimes but don't forget to drink between meals.
- Try higher calorie soups like split pea, tomato bisque, chowders, cream soups, and chili.
- Sip on higher calorie fluids such as juices (try cranberry or grape), milk, frappes, and commercial nutritional supplements.
- As a high calorie snack try custards and puddings.
- Stimulate your appetite by relying on favorite foods.
- Eat well during times when your appetite is better.
- Eat small meals and snacks every couple of hours throughout the day.

References:

Pennington JA; *Bowe's and Church's Food Values of Portions Commonly Used*. Seventeenth Edition. Philadelphia, PA J.M. Lippincott Company, 1998.

Recipes

California Guacamole

makes 12 servings

serving size:

(Adapted from the California Avocado Commission)

2 avocados	3 tablespoons chopped tomato
3 tablespoons lemon juice	1/2 teaspoon salt
1/2 cup diced onion	2 tablespoons minced cilantro
1 clove minced garlic	1 tablespoon sour cream

- 1) Cut avocados in half and remove seeds
- 2) Scoop out pulp and place in bowl
- 3) Drizzle pulp with lemon juice and mash
- 4) Add remaining ingredients, mix well and serve

Nutrition Facts: *Calories: 61, Protein: .8g, Fiber: 2g, Fat: 5.5g, CHO: 4g, β -Carotene: 123mg, Vit C: 5.5mg, Vit E: .5mg α TE, Selenium: .15mcg, Mg: 14.5mg, Ca: 7.5mg, Folic acid: 23mg*

Rice-Nut Loaf

Makes 6 servings

serving size: 1 slice

(Adapted from USA Rice Council pamphlet "Veg-able Rice")

3 cups cooked brown rice	1/4 cup chopped walnuts
2 cups (8 oz) shredded sharp cheddar cheese	1/4 cup chopped sunflower kernels
4 eggs, lightly beaten	1/4 cup sesame seeds
1 medium onion, chopped	1/2 teaspoon salt
1 cup shredded carrots	1/4 teaspoon ground black pepper
1/2 cup Italian-style bread crumbs	1 (16 oz) jar spaghetti sauce (optional)

- 1) Combine rice, cheese, eggs, onion, carrots, breadcrumbs, walnuts, sunflower kernels, sesame seeds, salt, and pepper
- 2) Pack into greased 9-inch loaf pan
- 3) Bake at 350° F for 50-60 minutes, until firm
- 4) Let cool in pan 10 minutes
- 5) Unmold and slice; serve with heated spaghetti sauce

Nutrition Facts: *Calories: 467, Protein: 24g, Fiber: 7.5g, Fat: 21g, CHO: 48g, β -Carotene: 3000mg, Vit C: 16 mg, Vit E: 5mg α TE, Selenium: 25mcg, Mg: 89mg, Ca: 368mg, Folic acid: 49mcg*

Cheese Sauce

Makes 1 quart

serving size: 1/8 cup (32 servings)

6 tablespoons butter or margarine
6 tablespoons flour
1/4 cup chopped onion
salt, pepper

4 cups whole milk
1 1/4 cups grated cheese (cheddar, Fontina, or Swiss)

- 1) Melt butter; add onions and flour; mix well
- 2) Add milk and whisk until smooth
- 3) Simmer 30 minutes; strain if desired.
- 4) Gradually whisk in cheese. Season with salt & pepper

Nutrition Facts: Calories: 68, Protein: 2.5g, Fiber: .1g, Fat: 5g, CHO: 4g, β -Carotene: 0mg, Vit C: .4mg, Vit E: .1mg, Selenium: 1.5mcg, Mg: 5.5mg, Ca: 66mg, Folic acid: 3mcg

Hummus

Makes 2 cups
(8 servings)

serving size: 1/4 cup

1 14-oz. can chick peas
1/2 cup sesame tahini paste
6 garlic cloves minced
1 1/2 teaspoons paprika
1 teaspoon fresh chopped parsley

juice of 3 lemons
1/4 cup olive oil
3/4 teaspoon cayenne pepper (optional)
1/4 teaspoon cumin

- 1) Puree all ingredients in a food processor or blender
- 2) Adjust consistency with more olive oil or water
- 3) Season to taste with salt and pepper

Nutrition Facts: Calories: 206, Protein: 5g, Fiber: 4g, Fat: 16g, CHO: 13g, β -Carotene: 212mg, Vit C: 8mg, Vit E: 1mg, Selenium: .6mg, Mg: 56mg, Ca: 44mg, Folic acid: 18mcg

Rice Pilaf with Dates and Almonds

Makes 3 cups
(12 servings)

serving size: 1/4 cup

1 tablespoon butter	1 tablespoon olive oil
1 medium onion, chopped (about 1 cup)	1 large garlic clove, minced or pressed
1 red, green, or yellow bell pepper, chopped fine	1 teaspoon turmeric
1/2 teaspoon ground allspice or nutmeg	1/2 teaspoon cinnamon
3 cups cooked brown, white, or basmati rice	1/2 cup dates, chopped fine
1/4 cup hot water	2 tablespoons chopped fresh parsley
salt and ground black pepper to taste	1/2 cup chopped toasted almonds

- 1) In a large, heavy skillet, heat the butter and oil
- 2) Add the onions and garlic and saute over medium heat until tender
- 3) Add the bell pepper, turmeric, cinnamon, allspice or nutmeg, and dates
- 4) Stir in the rice and parsley, sprinkle on the water, and heat, uncovered, for a few minutes
- 5) When the rice is hot, stir in the almonds, add salt and pepper to taste, and serve

Nutrition Facts: Calories: 137, Protein: 3g, Fiber: 3g, Fat: 5.5g, CHO: 20g, β -Carotene: 406mg, Vit C: 25.5mg, Vit E: .75mg, Selenium: 8mcg, Mg: 44.5mg, Ca: 31mg, Folic acid: 13mcg

Cheese Beans

Makes 6 cups
(24 servings)

serving size: 1/4 cup

6 cups cooked pinto or kidney beans*	2 teaspoon butter or margarine, melted
2 cups chopped onion	2 large cooking apples, cut in chunks
2 cups grated muenster or monterey jack cheese	4 medium tomatoes, chopped
2 teaspoons chili powder	6 tablespoons dry white wine
1 1/2 teaspoons salt	1 teaspoon dry mustard
	1/8 teaspoon pepper

- 1) Saute onions in butter until soft & clear
- 2) Add chili powder & mustard.
- 3) Add remaining ingredients
- 4) Pour into large buttered casserole dish.
- 5) Cover & bake at 350° for 35-40 minutes

* If using raw beans: soak 3 cups raw beans in a large bowl of water for 1 1/2 hrs. Place beans in a pan, cover with plenty of water, and cook for an additional 1 1/2 hrs or until desired tenderness.

Nutrition Facts: Calories: 142, Protein: 8g, Fiber: 7g, Fat: 3.5g, CHO: 20g, β -Carotene: 102mg, Vit C: 6.5mg, Vit E: .3mg, Selenium: 6mcg, Mg: 45.5mg, Ca: 105mg, Folic acid: 129mg

Basil Pesto

Makes 1/2 cup

(2 2/3 servings)

1 cup fresh basil leaves

3 garlic cloves

2 tablespoons olive oil

serving size: 3 Tablespoons

1/2 cup parsley

1 tablespoon pine nuts

1/2 tablespoon parmesan cheese

- 1) Puree all ingredients in a blender or food processor
- 2) Add more olive oil to adjust consistency if necessary
- 3) Season with salt & pepper

Can be tossed with pasta or used as a marinade, a barbeque sauce, a seasoning for soups & sauces, or as a spread on bread.

Nutrition Facts: *Calories: 126, Protein: 2g, Fiber: 1g, Fat: 12g, CHO: 3g, β -Carotene: 720mg, Vit C: 19mg, Vit E: 1.5mg, Selenium: 1mcg, Mg: 27mg, Ca: 63mg, Folic acid: 29mcg*

Bean Dip

Makes approx: 7 cups

(28 servings)

1 Tablespoon olive oil

1 can fat-free refried beans -16oz.

1/4 cup mayonnaise

1 cup mild salsa

1 cup shredded lettuce

optional garnish: chopped tomato, scallions, fresh cilantro

serving size: 1/4 cup

1 can Guiltless Gourmet Black Bean Dip

3/4 cup sour cream

1 pkg. taco seasoning mix

1 cup shredded cheddar cheese

tortilla chips

- 1) Combine olive oil, bean dip, and refried beans
- 2) spread in square or round pan.
- 3) Mix sour cream & mayonnaise; season with taco mix to desired taste
- 4) Spread over bean mixture
- 5) Next spread salsa, then cheese, then lettuce
- 6) If desired, garnish with chopped tomato, scallions, and/or cilantro. Serve with tortilla chips.

Nutrition Facts: *Calories: 74, Protein: 3g, Fiber: 1g, Fat: 5g, CHO: 5g, β -Carotene: 12mg, Vit C: 4g, Vit E: .15mg, Selenium: 1mcg, Mg: 3mg, Ca: 44,5mg, Folic acid: 6mcg*

Granola

Makes ~ 12 cups
(48 servings)

serving size: 1/4 cup

4 cups rolled oats
1 cup sesame seeds
1 1/2 cups almonds
1 cup olive or canola oil
1 1/2 cups raisins

1 cup wheat germ
1 cup sunflower seeds
3/4 cup powdered milk
1/3 cup honey
1 cup chopped dates

- 1) Spray or lightly grease 1 or 2 shallow cake pans.
- 2) Mix oats, wheat germ, seeds, almonds, powdered milk
- 3) Mix oil & honey together and pour over mixture and bake at 325° for 15-20 minutes
- 4) Add the dried fruit about 5 minutes before the granola is done cooking. Stir once or twice during cooking for uniform doneness

Nutrition Facts: Calories: 170, Protein: 4.5g, Fiber: 3g, Fat: 10.5g, CHO: 16g, β -Carotene: 2mg, Vit C: .5mcg, Vit E: 4mg, Selenium: 6.5mg, Mg: 43mg, Ca: 67mg, Folic acid: 23mcg

Pumpkin Bars

Makes 20 bars
(40 servings)

serving size: 1/2 bar

4 eggs
1 1/2 cups sugar
1 teaspoon cinnamon
1/2 teaspoon cloves
1 package yellow cake mix
1 cup Smart Balance margarine

1 large (29-oz) can pumpkin
1 teaspoon salt
1 teaspoon ginger
1 can (12 fl oz) evaporated milk
1 cup walnuts chopped

- 1) Preheat oven to 325°
- 2) Beat eggs slightly. Add pumpkin, sugar, seasonings, and evaporated milk and mix well
- 3) Pour into greased 9 x 13-inch pan
- 4) Sprinkle with dry cake mix and nuts. Melt margarine and drizzle over mixture
- 5) Bake 1 1/2 hours until pumpkin mixture is set and topping is golden.
- 6) Cool and cut into 20 squares

Nutrition Facts: Calories: 166, Protein: 3g, Fiber: 1g, Fat: 8g, CHO: 21g, β -Carotene: 2683mg, Vit C: 1mg, Vit E: 1mg, Selenium: 3mcg, Mg: 15mg, Ca: 52mg, Folic acid: 9mcg

Indian Pudding

Makes 4 cups
(16 servings)

serving size: 1/4 cup

4 cups whole milk
2 tablespoons canola oil
1 teaspoon salt
1/2 teaspoon ginger
1 cup evaporated milk

5 tablespoons yellow corn meal
1 cup molasses
3/4 teaspoon cinnamon
2 eggs, well beaten

- 1) Preheat oven to 350°
- 2) Heat milk in the top of a double boiler almost to boiling. Remove from heat and allow to cool for 5 minutes
- 3) Add corn meal slowly, stirring constantly. Cook over medium heat, stirring constantly, for 15 minutes, then add the oil, molasses, seasonings, and beaten eggs
- 4) Turn into shallow buttered baking dish and bake for one hour
- 5) After the first 15 minutes of baking, pour evaporated milk over the mixture, but do not stir in. Bake remaining 45 minutes. Remove from oven and cool.

Tips: Serve with vanilla ice cream, vanilla frozen yogurt, or whipped topping

Nutrition Facts: *Calories: 145, Protein: 4g, Fiber: .25g, Fat: 5.5g, CHO: 20.5g, β-Carotene: .2mg, Vit C: .6mg, Vit E: .5mg, Selenium: 16mcg, Mg: 62mg, Ca: 159mg, Folic acid: 6.5mcg*

Super Pudding

Makes 3 cups
(6 servings)

serving size: 1/2 cup

2 cups whole milk
2 tablespoons canola oil

3/4 cup dry milk powder
1 package (4 1/2 oz) instant pudding (your favorite flavor)

- 1) Stir together milk, milk powder, and oil
- 2) Add instant pudding and mix well
- 3) Pour into dishes and refrigerate

Tips: Serve with vanilla ice cream or vanilla frozen yogurt

Nutrition Facts: *Calories: 143, Protein: 6g, Fiber: .2g, CHO: 12g, β-Carotene: 0mg, Vit C: 1.5mg, Vit E: 1mg, Selenium: 4mcg, Mg: 24.5mg, Ca: 222mg, Folic acid: 9mcg*

MILK SHAKES

Makes: 1 beverage

Orange Julius

1/2 cup orange juice
1/2 cup whole milk
1/2 cup vanilla ice cream
1/4 cup pasteurized liquid egg
1 teaspoon vanilla extract

Nutrition Facts: Cals: 330, Pro: 15g,
Fiber: .25g, Fat: 14g, CHO: 35g,
 β -Carotene: 46mg, Vit C: 63.5mg, Vit E: .5mg
Sel: 7mcg, Mg: 45mg, Ca: 277mg, Fol: 56mcg

Pineapple Soda

1/4 cup crushed pineapple, drained
1/2 cup whole milk
1/2 cup vanilla ice cream
1/2 cup pear nectar

Nutrition Facts: Cals: 302, Pro: 6.7g, Fiber: 1g
Fat: 11.5g, CHO: 46g, β -Carotene: 8mg,
Vit C: 8mg, Vit E: .3mg, Sel: 6.5mg, Mg: 40mg
Ca: 245mg, Fol: 14mcg

- 1) Place all ingredients in blender and blend well
- 2) Pour into tall, frosted glasses
- 3) Use your favorite garnish: maraschino cherry, sprig of mint, or whipping cream

NOGS

Makes: 1 beverage

Eggnog

1/2 cup whole milk
1/2 cup pasteurized liquid egg
1 teaspoon vanilla extract
Dash of nutmeg
1 tablespoon sugar

Nutrition Facts: Cals: 461, Pro: 22g, Fib: .3g
Fat: 8.5g, CHO: 20g, β -Carotene: .4mg,
Vit C: 1mg, Vit E: .75mg, Sel: 2mcg,
Mg: 29mg, Ca: 213mg, Fol: 25mcg

Orange Kooler

1/3 cup orange juice concentrate (undiluted)
3/4 cup powdered milk
1 cup ice water (or whole milk)
1/2 cup vanilla ice cream

Nutrition Facts: Cals: 758, Pro: 30g, Fiber: .75g
Fat: 33g, CHO: .88g, β -Carotene: 49mg, Vit C: 138mg
Vit E: 1mg, Sel: 15mcg, Mg: 122g, Ca: 990mg,
Fol: 184mcg

Peanut Butter Drink

1/2 cup whole milk
3 tablespoons smooth peanut butter
3 tablespoons chocolate syrup
1/2 cup vanilla ice cream

Nutrition Facts: Cals: 615, Pro: 20g, Fiber: 4g, Fat: 36g
CHO: 64g, β -Carotene: 0mg, Vit C: 2mg, Vit E: 5mg,
Sel: 11cg, Mg: 138mg, Ca: 256mg, Fol: 47mcg

Yogurt Nog

1/3 cup yogurt (your favorite flavor)
3 tablespoons pasteurized liquid egg
1/3 cup orange juice
3 tablespoons powdered milk
1/3 banana
2 teaspoons honey

Nutrition Facts: Cals: 305, Pro: 16g, Fiber: 1g, Fat: 8g
CHO: 44g, β -Carotene: 46mg, Vit C: 43.5mg, Vit E: .7mg
Sel: 4mcg, Mg: 54mg, Ca: 408mg, Fol: 48mcg

Strawberry Nog

3/4 cup whole milk
3 tablespoons powdered milk
3 tablespoons pasteurized liquid egg
3/4 cup strawberry ice cream

Nutrition Facts: Cals: 461, Pro: 22g, Fiber: .3g
Fat: 22g, CHO: 45g, β -Carotene: 0, Vit C: 11mg
Vit E: 1mg, Sel: 6.5mcg, Mg: 63mg, Ca: 580mg
Fol: 37mcg.

- 1) Place all ingredients in blender and blend well
- 2) Pour into tall, frosted glasses
- 3) Use your favorite garnish: maraschino cherry, sprig of mint, whipping cream, or dash of nutmeg

High-Protein Nog

1 cup whole milk
3 tablespoons powdered milk
1/2 cup pasteurized liquid egg
1 tablespoon granulated sugar
1 teaspoon vanilla extract
Dash of nutmeg

Nutrition Facts: Cals: 315, Pro: 22g, Fiber: 0, Fat: 10.5g
CHO: 21g, β -Carotene: 0, Vit C: 1mg, Vit E: .7mg,
Sel: 2mcg, Mg: 17mg, Ca: 226mg, Fol: 6mcg

SHERBET SHAKES

Apricot Raspberry Shake

1/2 cup apricot nectar
4 apricot halves, chopped
1/2 cup raspberry sherbet
Cals: 314 Pro: 2g Fiber: 3g
Fat: 2g CHO: 76g β -Carot: 1934mg,
Vit C: 9mg, Vit E: 1mg, Sel: 3mcg
Mg: 23 mg Ca: 74mg Fol: 8mcg

Orange Shake

1/2 cup orange juice
1/2 cup mandarin orange
sections, drained
1/2 cup orange sherbet

Cals: 235, PRO: 2.5g, Fiber: 3g
Fat: 2.5g CHO: 54g, β -Carot: 584mg
Vit C: 96mg Vit E: .4mg Sel: 3mcg
Mg: 33mg Ca: 81mg Fol: 61mcg

Banana Grape Shake

1/3 cup grape juice
1/3 cup whole milk
1/2 banana
1/2 cup lemon sherbet

Pineapple Berry Freeze

1/3 cup whole milk
1/2 cup fresh pineapple
3/4 cup raspberry sherbet
Cals: 292 Pro: 5g Fiber: 2g
Fat: 6g CHO: 58.5g β -Carot: 9mg
Vit C: 19mg Vit E: .25mg Sel: 5mcg
Mg: 33.5mg Ca: 181mg Fol: 18mcg

Banana Orange Shake

1/2 cup orange juice
1/2 cup orange sherbet
1/2 banana
Cals: 247 Pro: 2.5g, Fiber: 2g
Fat: 2.5g CHO: 57g β -Carot: 74mg
Vit C: 72 mg Vit E: .3mg Sel: 3 mcg
Mg: 39mg, Ca: 71mg, Fol: 53mcg

Pineapple Lemon Shake

1/2 cup pineapple juice
1/2 cup lemon sherbet
2 pineapple slices, chopped,
drained

Cals: 268 Pro: 2g, Fiber: 2g
Fat: 2g CHO: 64.5g β -Carot: 51mg
Vit C: 25mg Vit E: .3mg Sel: 3.5mcg
Mg: 39mg Ca: 84mg Fol: 14mcg

Berry Freeze

1/3 cup whole milk
3/4 cup raspberry sherbet
6 to 8 strawberries

Cals: 298 Pro: 5g Fiber: 4g
Fat: 6g CHO: 59g β -Carot: 23mg
Vit C: 89mg Vit E: .4mg Sel: 6mcg
Mg: 37mg Ca: 196mg Fol: 35mcg

Cranberry Lemon Shake

1/2 cup cranberry juice
1/2 cup lemon sherbet
1/2 banana
Cals: 263 Pro: 2g Fiber: 2g
Fat: 2.5g CHO: 62g β -Carot: 31 mg
Vit C: 54 mg, Vit E: .2 mg Sel: 3 mcg
Mg: 28mg, Ca: 61mg, Fol: 15mcg

Sunshine Sipper

1/4 cup grapefruit juice
1/4 cup pineapple juice
1/2 cup orange juice
1/2 tablespoon sugar
1/2 cup lime sherbet
Cals: 280 Pro: 2.5g Fiber: 1g
Fat: 2g CHO: 65g β -Carot: 50mg
Vit C: 96mg Vit E: .2mg Sel: 3mcg
Mg: 37mg Ca: 83mg Fol: 62mcg

Strawberry Banana Shake

1/2 cup whole milk
1/2 banana
6 strawberries
3/4 cup lemon sherbet
Cals: 356 Pro: 7g Fib: 4g
Fat: 7.5mg CHO: 70g β -Carot: 40mg
Vit C: 54mg Vit E: .5mg Sel: 6mcg
Mg: 52.5mg Ca: 239mg Fol: 36 mcg

1. Place all ingredients in blender and blend well
2. Pour into tall, frosted glass
3. Use your favorite garnish: maraschino cherry, sprig of mint, or whipping cream

BEVERAGES USING INSTANT BREAKFAST

Makes 1 beverage

Hawaiian Float

2 tablespoons orange-pineapple juice concentrate (undiluted)
1/4 package vanilla instant breakfast (about 1 tablespoon)
1/4 cup ice water
1/2 cup evaporated whole milk
1/4 cup lime sherbet

*Cals: 286, Pro: 11g, Fiber: .3g, Fat: 10.5g
CHO: 38g, β -Carot: 8mg, Vit C: 19mg,
Vit E: 1.5mg, Sel: 3mcg, Mg: 58mg
Ca: 446mg, Fol: 45mcg*

Peach Shake

1 canned peach half
3 tablespoons dry milk powder
1/4 cup ice water (or whole milk)
1/2 package vanilla instant breakfast (about 2 tablespoons)
1/4 cup vanilla ice cream

*Cals: 220, Pro: 8g, Fiber: 1g, Fat: 4g
CHO: 39g, β -Carot: 181mg, Vit C: 18mg
Vit E: 4mg, Sel: 6mcg, Mg: 66mg
Ca: 380mg, Fol: 61mcg*

1) Place all ingredients in blender and blend well