



USOC
SPORTS NUTRITION

Weekly Recipe: Cherry Almond Smoothie

Smoothies are a great way to get in quality nutrients, in a short amount of time. Almond milk, creamy almond butter and dark cherries provide a nice balance of carbohydrates, protein, and healthy fat, everything you need to start your morning or end your workout, right. The cherries are full of antioxidants, and the almond butter has heart healthy monounsaturated fat. The cherries also provide fiber, which helps to keep you feeling full. For breakfast, recovery, or as an evening dessert, this smoothie is one sweet and delicious treat!

Ingredients:

Makes 1 16 oz. serving

1 cup unsweetened almond milk
¾ cup frozen, pitted cherries
1 Tbsp. almond butter
½ scoop vanilla whey protein powder

Optional additions:

1 cup baby spinach
1-2 Tbsp. flax seeds
1-2 Tbsp. chia seeds
Ice for thicker consistency

Directions:

- 1) Add almond milk to blender
- 2) Add frozen cherries, almond butter, and whey protein
- 3) Add any additional ingredients, if desired
- 4) Mix in blender for up to one minute, until smooth
- 5) Enjoy!

**For a tasty dessert, add dark chocolate chips to top!*

**For higher protein content, choose low-fat cow's milk or soy milk.*

Cherry Almond Smoothie

Amount	1 – 16 oz. serving
Calories	340
Fat (g)	17
Sat. Fat (g)	1.5
Carb. (g)	27
Fiber (g)	7
Protein (g)	17

Gluten free.

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Cherries are full of antioxidants, which help fight free radicals (damaged cells) in the body. Cherries are also an excellent source of potassium, which helps to lower blood pressure. One cup of cherries has about the same amount of potassium as a banana (300-400mg). Cherries also contain high levels of phytochemicals such as melatonin, which helps to regulate the sleep-wake cycle.

The number one health benefit of almond butter is that it is good for the heart. It is rich in monounsaturated fats, vitamin E, and potassium which play a role in reducing LDL cholesterol. And, because almond butter is simply ground almonds, 2 Tbsp. provides the equivalent protein amount as ¼ cup of raw almonds (6-8 grams). Keep in mind the antioxidants are primarily found in the skin of the almond, so grind your own for butter and choose almonds with the skin when possible!



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