



USOC
SPORTS NUTRITION

Weekly Recipe: Strawberry Spinach Smoothie

Don't be fooled by the name. This smoothie is sweet and delicious, while providing ample amounts of vitamins, antioxidants, and phytochemicals to keep your body in tip-top shape. This smoothie has a great balance of carbohydrate and protein, and is high in fiber. Make it an addition to your favorite breakfast, or as a nice snack. It provides 337% of the RDA for vitamin A, which is important for healthy skin. Make a large batch to share with team mates, family, and friends!

Ingredients:

16 oz. serving

- 1 cup water
- 1 cup baby spinach (fresh or frozen)
- $\frac{3}{4}$ cup frozen strawberries
- $\frac{1}{2}$ banana
- 1 scoop vanilla whey protein powder

Optional additions:

- 1-2 tbsp. flax or chia seeds
- Skip the protein powder and add 1 tsp. honey or sweetener for flavor
- Use $\frac{1}{2}$ cup orange juice in place of $\frac{1}{2}$ cup of water

Strawberry Spinach Smoothie

| Amount | 1 - 16 oz. serving |
|--------------|--------------------|
| Calories | 220 |
| Fat (g) | 2 |
| Sat. Fat (g) | 1 |
| Carb. (g) | 35 |
| Fiber (g) | 6 |
| Protein (g) | 19 |

Gluten free, Vegan.

Directions:

- 1) Add water to blender.
- 2) Add frozen strawberries, spinach, banana, and whey protein.
- 3) Add any additional ingredients, if desired.
- 4) Mix in blender for up to one minute, until smooth.
- 5) Enjoy!



For Sport Nutrition Questions, contact:

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Strawberries are an excellent source of the antioxidant vitamin C. Vitamin C helps boost immunity, promote eye health, and fight cancer cells. Phytochemicals in strawberries lower bad (LDL) cholesterol, reduce inflammation, and lower blood pressure.

One cup of spinach has nearly 20% of the RDA of dietary fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Spinach is full of antioxidants that, like strawberries, help vision, and improve immunity. The abundance of vitamin K in spinach contributes greatly to a healthy nervous system and brain function by providing an essential part for the synthesis of sphingolipids, the crucial fat that makes up the myelin sheath around our nerves.



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