

Ingredients

Preparation time: 5 minutes

Servings: 1

1 medium cooked or canned beet

~15 baby carrots (a handful)

1 cup of greens*

2 tsp. honey

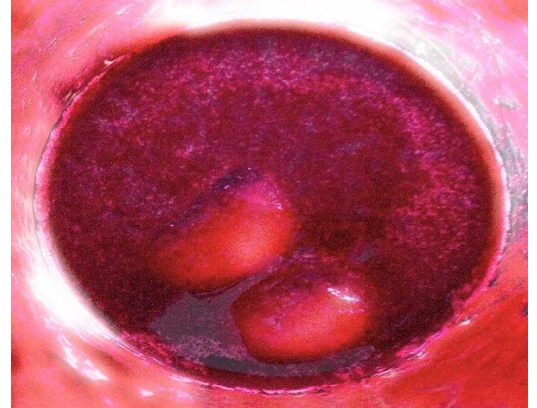
1 Tbsp. mint leaves

1 tsp. cinnamon

~1 cup of cold water

Directions

1. Combine all ingredients in a blender.
2. Pour enough water in to barely cover the veggies.
3. Blend for about 2 minutes on high, until the juice has no visible chunks.
4. Serve in a chilled glass with 3-4 ice cubes.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Blended Veggie Juice	
Amount	About 16 oz.
Calories	120
Fat (g)	0.5
Sat. Fat (g)	0
Carb. (g)	29
Fiber (g)	4
Protein (g)	4
Gluten free, Vegan.	

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Cooking Tip

We tested the recipe with baby kale, but any type of dark leafy green will do (kale, spinach, swiss chard, etc.). Enjoy this blended juice drink icy cold a few hours before an intense practice, as part of your recovery snack, or paired with some jerky as snack during the day. It also makes a great homemade frozen popsicle!

Performance Facts

This juice offers a myriad of performance benefits. It's a prime example of a nutrient-dense versus calorie-dense food. We also intentionally formulated the recipe with 3 ingredients that are naturally high in nitrates. Nitrate from beets have been shown to potentially reduce the oxygen cost of exercise by enhancing mitochondrial function, allowing for higher intensity exercise with less perceived effort.

