

Ingredients

Preparation time:

Servings: 3-15oz. smoothies

½ cups frozen raspberries

2 cups frozen blueberries

½ cup carrot juice

1 ½ cups pomegranate juice

3 cups spinach

3 scoops (servings) vanilla protein powder

Directions

1. Add liquids and frozen fruit to blender and puree.
2. Add greens and protein powder, puree.



Cost per serving:

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

Pomegranate Smoothie	
Amount	15 oz.
Calories	300
Fat (g)	2.5
Sat. Fat (g)	1
Carb. (g)	49
Fiber (g)	6
Protein (g)	23
Gluten Free	

USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD

shawn.hueglin@usoc.org

Liz Broad, PhD, AdvSpDiet

elizabeth.Broad@usoc.org

Alicia Kendig, MS, RD, CSSD

alicia.kendig@usoc.org

Susie Parker-Simmons, MS, M.ed

susie.parkersimmons@usoc.org

Cooking Tip

For a vegan option, use soy or pea protein powder. Substitute any greens like Swiss chard, beet greens, or kale for the spinach in this recipe. Substitutions can also be made for the fruit or juice. Enjoy one serving now and save one in the fridge for after training!

Performance Facts

Smoothies are a great way to replenish carbs, protein, fluid, and antioxidants after a training session. They can also be helpful in cooling down the body on an especially hot and humid day. Pomegranate is high in anthocyanin, an antioxidant pigment that promotes overall health.



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