

Tropical Greens Smoothie

Ingredients

Preparation time: 5 min.

Servings: 1

Cost: \$

2/3 cup Kale

1/3 cup Orange Juice

1/2 cup Pineapple

1/2 cup Apple

1 1/2 Tbsp. Avocado

1 scoop (20 g) plain or vanilla protein powder

Directions

Add all the ingredients together and blend until smooth.



Cost per serving:

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

Tropical Greens Smoothie

Amount	1 serving
Calories	284
Fat (g)	4
Sat. Fat (g)	1
Carb. (g)	40
Fiber (g)	6
Protein (g)	24
Allergen info: Dairy Free, Gluten Free, Vegan	

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Cooking Tip

Add a splash of cold water for easier blending, or a few ice cubes if using fresh ingredients, to cool this smoothie down after intense training. Frozen pineapple works well too! Add a scoop of your favorite protein powder to make this into the perfect post-training recovery smoothie.

Performance Facts

Kale, when paired with a vitamin C source such as orange juice and pineapple, can provide a good source of iron. Avocado is rich in monounsaturated fatty acids, which help to decrease inflammation after muscle-damaging exercise and can also help athletes with high energy expenditures meet their calorie needs.



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