



USOC
SPORTS NUTRITION

Weekly Recipe:

Blended Veggie Juice

Juicing has been gaining rapid popularity lately, but there are distinct differences between blending and juicing that put our opinion in favor of blending. Juicers are typically expensive to purchase, less versatile, and less than practical because they take up more space counter and are harder to clean than a small blender. Aside from the logistics, the other important difference is that a juicer separates the fibrous plant matter from the fluid. The plant matter is packed with nutrients and consists mostly of fiber that promotes satiety, prolonged fullness, and aids in digestion. It would be a shame to throw that away! Enjoy this blended juice drink icy cold a few hours before an intense practice, as part of your recovery snack, or as snack during the day! It also makes a great homemade frozen popsicle!

Ingredients:

Makes about 16 oz.

- 1 medium cooked or canned beet
- ~15 baby carrots (a handful)
- 1 cup of greens*
- 2 tsp. honey (local honey if possible)
- 1 Tbsp. mint leaves
- 1 tsp. cinnamon
- ~1 cup of cold water

*We tested the recipe with baby kale, but any type of dark leafy green will do! (kale, spinach, swiss chard, etc.)

Directions:

Combine all ingredients in a blender. Pour enough water in to barely cover the veggies.

Blend for about 2 minutes on high, until the juice has no visible chunks. Serve in a chilled glass with 3-4 ice cubes.



Nutrition Facts	
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.	



For Sport Nutrition Questions, contact:

Shawn Dolan, PhD, RD, CSSD

(714) 277-5378; shawn.dolan@usoc.org

Kate Machado, MS, RD, CSSD

(619) 559-0488; kate.s.machado@gmail.com

Liz Fusco, BS

(707) 331-2981; liz.fusco.nutr@gmail.com

This juice offers a myriad of performance benefits. It's a prime example of a nutrient-dense versus calorie-dense food. As mentioned before, it's packed with fiber to promote fullness & optimal digestive function. 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. We also purposely left out acidic fruits, such as orange or lemon, in order to preserve the nitrate & prevent it from being broken down before our body gets a chance to do the work & reap the benefits. Locally produced honey is best to use if possible, because it contains powerful antibacterial components & allergy-fighting compounds that can help you to build immunity from common allergens in your area. Cinnamon is a natural anti-inflammatory, reducing exercise-induced muscle damage and helping you recover. It also contains powerful flavanol antioxidants such as epicatechin.



follow us on
twitter
@Nutr4TeamUSA