



SPORTS NUTRITION

Weekly Recipe:

Pineapple Spice Cake Smoothie

Smoothies are one of the most simple and versatile foods. As an example we are going to take the one recipe and make minor modifications to meet different needs. This week's recipe is a Pineapple Spice Cake Smoothie with suggested modifications for those individuals looking for a tasty nutrient dense pre-training snack, those trying to gain weight, and a thicker, dessert-style version for those with a sweet tooth!

Pre-training Snack:

Yields: 28 oz (lg. smoothie shaker)

- 3/4 cup frozen pineapple
- 3/4 cup frozen mango
- 1 small banana
- 1 tbsp of gingerroot (~1/2 thumb size)
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 -1 cup of red or green swiss chard (or spinach, kale, collard)
- 1 cup water

Building:

Yields: 28 oz (lg. smoothie shaker)

- 3/4 cup frozen pineapple
- 3/4 cup frozen mango
- 1 large banana
- 1 tbsp of gingerroot (~1/2 thumb size)
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 -1 cup of red or green swiss chard (or spinach, kale, collard)
- 1 cup milk
- 1 scoop whey protein powder

Dessert:

Yields: 12 oz (small glass)

- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1/2 small banana
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup water
- 3 Tbsp. un-sweetened coconut flakes
- 2 Dove dark chocolates, slivered or grated to top

Pineapple Spice Cake Smoothie: Pre

Amount	28 ounces
Calories	270
Fat (g)	1
Sat. Fat (g)	0
Carb. (g)	60
Fiber (g)	8
Protein (g)	4

Gluten Free, Vegan.

Pineapple Spice Cake Smoothie: Building

Amount	28 ounces
Calories	550
Fat (g)	8
Sat. Fat (g)	5
Carb. (g)	80
Fiber (g)	8
Protein (g)	38

Gluten Free.

Pineapple Spice Cake Smoothie: Dessert

Amount	12 ounces
Calories	400
Fat (g)	15
Sat. Fat (g)	3
Carb. (g)	70
Fiber (g)	11
Protein (g)	5

Gluten Free, Vegan.

For Sport Nutrition Questions, contact:

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Benefits of Ingredients

The tropical fruits and dark leafy greens in this smoothie provide plenty of antioxidant properties as well as strong immune system support. There is a day's worth of vitamin C and vitamin A along with plenty of fiber!

Smoothie Tip

Double this recipe and blend a large batch in the morning. Split into several snacks during the day by storing leftovers in smoothie shakers in the fridge so they are ready for a post-training recovery snack or dessert!

