

Ingredients

3 15 oz. serving

- 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.
3. Enjoy one serving now and save one in the fridge for after training!



Pomegranate Smoothie

Amount	15 oz.
Calories	300 kcal
Fat (g)	2.5
Sat. Fat (g)	1
Carb. (g)	49
Fiber (g)	6
Protein (g)	23
Allergen info: Vegan (if plant protein, gluten free)	

Sport Nutrition Questions:

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Cooking Tip

Smoothies are a great way to replenish carbs, protein, fluid, and antioxidants after a training session. The ingredients are easily modified so you can use what you have in the cupboard and fridge rather than buying special ingredients! For example substitute any greens like Swiss chard, beet greens, romaine, or kale for the spinach in this recipe. Substitutions can also be made for the fruit or juice. Smoothies can be made in the morning, stored in a shake-able container (a glass mason jar is an inexpensive option) and kept in a cooler bag for later in the day.