



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Berry Oat Smoothie

Serves 1

Ingredients:

- 1 cup water
- 1/2 scoop Vega protein powder (could use another plant-based protein powder or 100% whey protein powder)
- 1 cup frozen organic mixed berries
- 1/2 cup rolled oats
- 1 tbsp dark chocolate chips

Directions:

1. Blend all ingredients together until smooth.



Nutrition Tips:

1. Smoothies can be made the night before and kept cold in the fridge for minimizing prep time in the morning.
2. This smoothie is an excellent post-workout fuel. It includes phytonutrient-rich berries, whole grain oats, plant-based protein powder, and some dark chocolate chips to give you a 3:1 ratio of carbohydrates to protein. Bonus: there are only five ingredients.

Nutrition Facts:

- 58 g carbohydrates
- 19 g protein
- 3:1 ratio of carbohydrates to protein

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.