



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Cinnabun(ana) Oat Smoothie

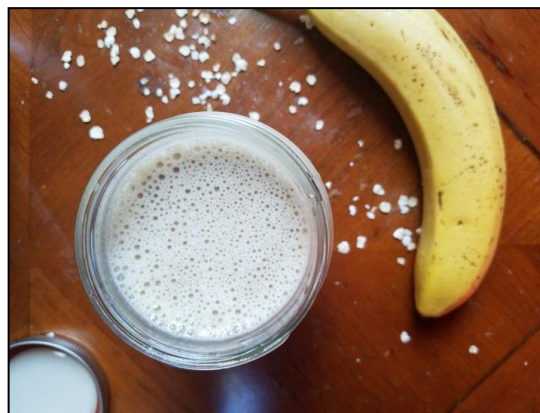
Serves 1

Ingredients:

- 1 cup water
- 1/2 scoop Vega protein powder (could use another plant-based protein powder or 100% whey protein powder)
- 1 large ripe banana
- 1/4 cup dry rolled oats
- 1/2 tsp ground cinnamon

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 includes fiber- and potassium-rich banana, whole grain oats, plant-based protein powder, and some cinnamon to give you a 3-4:1 ratio of carbohydrates to protein. Bonus: there are only five ingredients.

Nutrition Facts:

- 48 g carbohydrates
- 13 g protein
- 3.7:1 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.