



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Creamy Chocolate Protein Smoothie

Makes 1 serving

Ingredients:

- 1 cup milk (low-fat cow's milk, or unsweetened plant-based soy or flaxseed milk)
- ½ scoop plant-based protein powder (unflavored or chocolate)
- ¼ cup frozen cauliflower
- ¼ avocado (pitted and scooped out)
- ¼ cup rolled oats
- 1 small banana
- 2 TBSP raw cacao or cocoa powder
- 2 tsp honey (raw, local if possible)



Directions:

1. Blend all ingredients together until smooth.

Nutrition Tips:

1. Smoothies are an excellent way to sneak in cruciferous veggies like cauliflower! Cauliflower, similar to broccoli, is an excellent source of fiber and supports the healthy bacteria in your gut. It has little to no flavor when frozen, so adding cauliflower to a smoothie is similar to adding ice!
2. Smoothies are also an excellent way to sneak in heart-healthy fats such as avocado! Just 1/4 of an avocado helps to give the smoothie a nice creamy texture.
3. When we talk about post-workout fuel, we want to aim for a balance of carbohydrates and protein so that our bodies can replenish glycogen stores and support the repair and growth of muscle. Ideally after about an hour of moderate-vigorous physical activity, we should aim for a post-workout fuel that contains a ratio between 3:1 and 4:1 grams of carbohydrates to grams of protein.

Nutrition Facts:

69 carbs
21g pro
3.3:1 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.