



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Frozen Berries & Cauliflower Smoothie

Serves 2

Ingredients:

2 cups unsweetened milk (e.g. Almond milk)
1 cup plain Greek yogurt
2 cups berries (fresh or frozen)
½ cup rolled oats
½ cup frozen cauliflower
2 TBSP honey (local) or maple syrup
2 tsp cinnamon
2 tsp vanilla
Optional: 2 TBSP nut butter, 1 scoop protein powder



Directions:

1. Blend all ingredients together until smooth.

Nutrition Tips:

1. This smoothie is an excellent meal replacement. It includes phytonutrient-rich berries, whole grain oats, protein, and frozen cauliflower to sneak in a little more veggies. BONUS: the frozen cauliflower acts like ice in this smoothie, adds no taste, just keeps it cold!
2. Cauliflower is considered a cruciferous vegetable, in the same category as broccoli, cabbage, and kale. While cauliflower may not be as colorful, it provides many of the same nutrients. Cauliflower is also an excellent source of vitamin C. 1 cup of cooked cauliflower provides 73% of the daily value for vitamin C.

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.