



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Green Monstah Banana & Spinach Smoothie*

Serves 1

### **Ingredients:**

1 cup milk (low-fat cow's milk, or unsweetened plant-based soy or flaxseed milk)  
1 large banana  
1 cup spinach or baby kale  
2 tbsp unsalted natural almond butter  
1/4 cup dry rolled oats  
1 tsp honey (raw, local if possible)  
1/2 tsp vanilla  
Sprinkle of 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. Smoothies are an excellent way to sneak in veggies like spinach or kale! Baby kale has a slightly less bitter flavor than large kale leaves, and the flavors of fruit and cinnamon mask the taste of the green leafy veggies.
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:**

70g carbohydrates  
18g pro  
3.8:1 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.