



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Green Monster Spinach & Banana Smoothie

Serves 1

Ingredients:

1 cup water
1 large banana
1 cup frozen spinach
2 tbsp unsalted natural almond butter
1/2 scoop Vega protein powder (could use another plant-based protein powder or 100% whey protein powder)
1/4 cup dry rolled oats
1 tsp honey
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. 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 carbs
20g pro
3.5:1 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.