



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Peanut Butter and Jelly Smoothie

Serves 1

Ingredients:

- 1 cup water
- 2 TBSP natural peanut butter
- 1 cup frozen organic berries
- 1/4 cup dry rolled oats
- 1 TBSP chia seeds
- 1 TBSP honey (local, raw unfiltered if possible)

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. Raw, local honey containing small amounts of pollen from the area in which you live may help to reduce seasonal allergies.
3. If you're looking for a refreshing, delicious, and nutritious smoothie (for the kid in you, or for your little ones...), then look no further than this Peanut Butter & Jelly Smoothie. This smoothie serves as an excellent meal replacement or post-workout fuel. It combines phytonutrient-rich berries, whole grain oats, natural nut butter, chia seeds, and local honey. What this means is that you're getting a smoothie full of plant-based protein, fiber, and heart-healthy fats to keep you full and satisfied for longer. This smoothie provides a 3-4:1 ratio of carbohydrates to protein, making it perfect for post-workout fuel. BONUS: there are only five ingredients (+ water).

Nutrition Facts:

15 g protein
59 g carbohydrates
3.9:1 ratio 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.