



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Strawberry Creamsicle Smoothie

Serves 1

Ingredients:

1, 5.3 ounce container low-fat Greek yogurt (plain)
4 fl oz 100% orange juice
1 cup organic strawberries (frozen or fresh)
½ cup rolled oats

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. Conventionally grown berries, namely strawberries, are among the highest sprayed with pesticides. Alternatively, conventionally grown thick-skinned fruit such as melons are among the fewest sprayed with pesticides. Therefore, if you consider purchasing organic produce for either berries or melon, choose organic for the berries.
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:

397 calories
73g carbohydrates
20g protein
3.65:1 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.