



USOC
SPORTS NUTRITION

Weekly Recipe:

Raspberry, Mango, & Golden Beet Smoothie

Since beet season peaks in the late spring and early summer months, now is a great time to get golden beets at their freshest, sweetest, and cheapest! We evaluated this recipe for cost to show you just how affordable it can be to have almost a week worth of tasty and nutrient-packed smoothies.

Mini blenders are great for single servings and portion control, but you could double the batch with a full-sized blender and save the leftovers. Add a half scoop of protein powder post-workout for recovery, or freeze it and top with grated chocolate for an Italian ice-like dessert treat. Enjoy!



Ingredients:

For the Smoothie:

- ½ cup frozen raspberries
- ½ cup frozen mango
- 1 medium roasted golden beet, cubed
- ½ cup flavored Greek yogurt
- ½ - ¾ cup water

Optional:

- ½ cup spinach, kale, or swiss chard
- 1 tablespoon honey

Cost (from Trader Joes):

Cost of all ingredients: \$11.69
Number of smoothies: 6
Cost per smoothie: \$1.94

Directions:

Rinse 6 beets, then wrap in aluminum foil. Bake at 350° for about an hour. When the beets are cooled, trim off the top and use a spoon to peel the skin from the flesh easily. Store any extra beets in the fridge for future smoothies.

**An alternative is to purchase pre-cooked beets.*

Place the water, cubed beet, mango, raspberry, & Greek yogurt in the blender.

Optional: Once blended smooth, add the greens and honey, and re-blend.

***Tip:** Substitute 100% juice for the water & honey to add your own flavor!

Nutrition Facts

Amount	Without Greens	Greens/Honey
Calories	215	275
Fat (g)	0	0
Sat. Fat (g)	0	0
Carb. (g)	40	55
Fiber (g)	8	8
Protein (g)	13.5	15

Gluten free.

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The main reason this dish is excellent for supporting athletic performance is the nutrient density. Nutrient density means that a food is relatively low in calories, but very high in vitamins, minerals, and other beneficial compounds. Mangoes are a great source of Vitamins A, C, and E, powerful and important parts of our antioxidant defense system to combat cell damage. They also contain folate, which helps form new DNA strands, and vitamin K, which helps with blood formation. Tart and sweet raspberries add a significant amount of fiber to the smoothie, helping you to feel fuller for longer. If you choose to add greens, the Vitamin C from the mango and raspberry will help you absorb iron from the leaves. Greek yogurt is a great source of lean protein, calcium, and probiotics. Probiotics help to keep your digestive system running smoothly, and can also improve immune function by increasing the number of beneficial bacteria in your body.

Add in a teaspoon of ginger for extra flavor and an anti-inflammatory effect to help decrease muscle and joint soreness. Use red beets instead of gold for a color boost. Substitute blueberries or blackberries for raspberries. The possibilities are endless!



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