

Ingredients

Preparation Time: 5 minutes
Serving Size: 8 fl. oz.
Cost: \$

Chocolate Peanut Butter

- ¼ cup fat free chocolate milk
- ½ cup ice
- 1 small frozen banana
- 1 Tbsp. peanut butter
- 1 scoop chocolate whey protein (optional)

Strawberry Banana

- ¼ cup low-fat or fat free milk
- 1 cup frozen strawberries
- 1 small banana
- ¼ cup Greek vanilla yogurt
- 1 scoop vanilla whey protein (optional)

Toppings (optional)

- ¼ cup nuts
- 1 Tbsp. flax or chia seed
- ¼ cup berries or fruit
- ¼ cup granola or muesli
- sprinkle of shredded coconut
- ¼ cup dried berries

Directions

- **First** add soft, high moisture foods to blender (liquids, fresh fruit, veggies, etc.)
- **Add** protein powder (optional)
- **Add** solid foods last (frozen fruit, ice, nuts)
- **Consistency:** ideal for pouring into a bowl and eating with a spoon
- **Top** with your favorite fruits, nuts/seeds, muesli or granola



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Chocolate Peanut Butter (w/o toppings)	
Amount	8 fl. oz.
Calories	298
Fat (g)	9
Sat. Fat (g)	2
Carb. (g)	38
Fiber (g)	6
Protein (g)	21
Allergens: Gluten free	

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Cooking Tips

- If the ingredients are too cold in the blender, an air pocket will form; balance it out by adding a little more liquid until desired consistency.
- Try with any smoothie recipe, just decrease the liquid to about ¼ cup or the least amount possible to make the blender churn and give it a thick consistency.
- Add 1 cup of any greens to a smoothie bowl as an easy way to increase veggies for the day.

Performance Facts

- Consume 1-2 hours before exercise as part of a balanced breakfast or between meals as a snack option.
- Smoothie bowls are an excellent source of carbohydrate, protein, calcium, and antioxidants, ideal for energy replenishment, tissue repair and recovery post-workout.