

# RED BERRY BEET SMOOTHIE



**USOC**  
SPORTS NUTRITION

Dietary: Lactose Free, Gluten Free | Servings: 1 | Preparation Time: 5 min



Recipe Difficulty:

## INGREDIENTS

- 3 oz beet juice
- 3-5 oz coconut water
- ½ cup fresh or frozen spinach
- ⅓ cup frozen strawberries
- ⅓ cup frozen raspberries
- ½ frozen banana
- 1 scoop unflavored whey protein powder



Source: Pinterest – Babble.com

## DIRECTIONS

Combine all ingredients in order listed and blend until smooth.

Add more coconut water for a thinner consistency, add less for a thicker smoothie.

If using fresh (not frozen) fruit, add a few ice cubes to keep it cool and refreshing for post-workout consumption.

Sub in Greek yogurt: replace the protein powder with ¾ - 1 cup of plain Greek yogurt for a calcium-rich, whole food smoothie.

Serving Size: 16 oz

Calories: 240

Fat (g): 1

Sat. Fat (g): 0

Carb (g): 38

Fiber (g): 8

Protein (g): 20

## THE INSIDE SCOOP

Beets are high in dietary nitrates, which can improve athletic performance by: increasing blood flow to muscles, allowing for increased muscle efficiency during high intensity exercise, and increased cognitive function.

Coconut water and bananas are good sources of potassium, an electrolyte that helps maintain proper nerve and muscle function.

This recovery smoothie is rich in vitamin C, a powerful antioxidant that helps combat oxidative stress from high intensity training and other environmental stressors.

Recipe adapted from Red Kitchenette

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