

# Pineapple Spice Cake Smoothie

## Ingredients

Preparation time: 5 minutes

Servings: 1 smoothie

Cost: \$

### Pre-training Snack:

¾ cup frozen pineapple  
 ¾ cup frozen mango  
 1 small banana  
 1 Tbsp. ginger (~½ thumb size)  
 ¼ tsp. cinnamon  
 ¼ tsp. nutmeg  
 ½ -1 cup of red or green swiss chard (or other green)  
 1 cup water

### Dessert:

½ cup frozen pineapple  
 ½ cup frozen mango  
 ½ small banana  
 ¼ tsp. cinnamon  
 ¼ tsp. nutmeg  
 ½ cup water  
 3 Tbsp. unsweetened coconut  
 2 squares HERSHEY'S Special Dark Chocolate, slivered or grated to top

## Ingredients

### High Calorie (building):

¾ cup frozen pineapple  
 ¾ cup frozen mango  
 1 large banana  
 1 Tbsp. of gingerroot (~½ thumb size)  
 ¼ tsp cinnamon  
 ¼ tsp nutmeg  
 ½ -1 cup of red or green Swiss chard (or spinach, kale, collard)  
 1 cup milk  
 1 scoop whey protein powder



### Cost per serving:

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

## Directions

1. Add liquid ingredients to the blender first, followed by the greens, spices, banana (if unfrozen), and protein powder (if in recipe). Blend until smooth.
2. Add the frozen ingredients and blend until smooth.

### Pineapple Spice Cake Smoothie (Pre-Training/Building/Dessert)

Amount	28oz/28oz/12oz
Calories	270/550/400
Fat (g)	1/8/15
Sat. Fat (g)	0/5/3
Carb. (g)	60/80/70
Fiber (g)	8/8/11
Protein (g)	4/38/5
Allergen info: Gluten free	

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## Cooking Tip

Double this recipe and blend a large batch in the morning. Split it into several snacks during the day by storing leftovers in smoothie shakers in the fridge so they are ready for a post-training recovery snack. Freeze leftovers into popsicle or ice cube trays for an icy treat!

## Performance Facts

Mango and pineapple are high in vitamins A and C, which have powerful antioxidant properties and can reduce the oxidative stress associated with strenuous exercise. Pineapple contains bromelain, an enzyme that aids in digestion. One smoothie provides more than 1/3 of the fiber recommended per day, supporting blood sugar and appetite control.