

Ingredients

Preparation time: 20 minutes

Servings: 1 smoothie

Cost: \$

For the Smoothie:

½ cup frozen raspberries

½ cup frozen mango

1 medium roasted golden beet, cubed

½ cup Chobani non-fat Greek yogurt

½ - ¾ cup water

Optional:

½ cup spinach, kale, or Swiss chard

1 tablespoon honey

Directions

1. Rinse 6 beets, then wrap in aluminum foil.
2. Bake at 350° for about an hour.
3. 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.
4. Place the water, cubed beet, mango, raspberry, & Greek yogurt in the blender and puree until smooth.



Cost per serving:

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

Raspberry, Mango, & Golden Beet Smoothie (with Greens and Honey)

Amount	1 smoothie
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

Allergen info: Gluten free

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Cooking Tip

To make this recipe faster, purchase pre-cooked beets. Substitute 100% juice for the water & honey to add your own flavor. 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.

Performance Facts

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.