

3 SMOOTHIES to Fuel Your Season and Sports Performance

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When schedules are busy with sports, smoothies are the perfect solution to fuel your performance. One of the big benefits of smoothies is that you can add-in fruits and vegetables to deliver important nutrients that aid in refueling the body. Smoothies, that are made right, are one of the quickest and easiest ways to fuel your body for sports. Here are three examples that deliver between 300-500 calories, which is perfect for busy days that require a lot of energy to keep on going.



The Green Freeze Smoothie

Makes 1 serving

This smoothie is perfect during the colder months because it packs a winning combination of immune boosting vitamin C and vitamin A to help keep athletes in the game. Plus, the Icelandic skyr combined with milk delivers as much protein as you would get from one scoop of protein powder.

INGREDIENTS:

1 cup milk
5 oz Icelandic vanilla skyr
1 cup frozen pineapple cubes
1 cup baby spinach
Honey, to taste

Molly's Tip:

New to skyr? If you haven't tried it before, it is similar to Greek yogurt in texture and protein content, but with a milder flavor. Look for skyr in the yogurt section at the store.

DIRECTIONS:

In a blender, combine the milk, skyr, pineapple, and spinach. Blend until icy and smooth. Then add honey, for added sweetness, if desired.

Nutrition facts

(per smoothie):

Calories	300
Fat	2.5 grams
Saturated Fat	1.5 grams
Sodium	230 milligrams
Carbohydrates	47 grams
Fiber	2 grams
Protein	26 grams
Vitamin A	60% DV
Vitamin C	120% DV
Calcium	50% DV

Molly's Tip:

For younger athletes that require fewer calories, serve half the portion of the smoothie, and freeze the other half in an ice pop mold. That way, you have a smoothie popsicle that can be enjoyed at a later date.



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Creamy Mango Smoothie

Makes 1 serving



If you're craving something sweet, this creamy mango smoothie is the one for you! This immune-boosting beverage delivers 180% of the daily value of vitamin C, – nutrition to help combat inflammation in the body. It also provides 11 grams of high-quality protein and 45% of the daily value for calcium. This smoothie offers a winning combination for athletes when it comes to taste and nutrition.

INGREDIENTS:

- 1 cup vanilla yogurt
- 1 cup frozen mango cubes
- ½ cup 100% orange juice

DIRECTIONS:

In a blender, combine all ingredients. Blend until icy and smooth.

Nutrition facts

(per smoothie):

Calories	350
Fat	2.5 grams
Saturated Fat	1.5 grams
Sodium	140 milligrams
Carbohydrates	74 grams
Fiber	6 grams
Protein	11 grams
Vitamin A	30% DV
Vitamin C	180% DV
Calcium	45% DV



PB + Chocolate Smoothie Shake

Makes 1 serving

This smoothie shake will fill you up! The milk and banana give this drink a potassium boost, while the healthy fat from the peanut butter will keep you feeling full longer. Each shake provides over 1000 milligrams of potassium, which is almost 25% of your needs for the day. While many athletes don't think much about potassium, it's a critical nutrient for many reasons. Potassium works to regulate muscles and nerves, and helps to balance fluid levels in the body. These are all things athletes need to fuel up for optimal sports performance.

INGREDIENTS:

- 1 cup chocolate milk
- 2 tablespoons creamy peanut butter
- 1 large banana, frozen and peeled

DIRECTIONS:

Put all ingredients in a blender and blend until icy and smooth. If needed, add additional chocolate milk to ease blending.



Nutrition facts

(per smoothie):

Calories	470
Fat	19 grams
Saturated Fat	4.5 grams
Sodium	300 milligrams
Carbohydrates	63 grams
Fiber	7 grams
Protein	18 grams
Vitamin A	10% DV
Vitamin C	25% DV
Calcium	30% DV
Potassium	1119 milligrams



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