

#Choppedathon

April 2020 Smoothie Edition



learn more about #choppedathon at www.mindonnutrition.com

What is Choppedathon?

14 Registered Dietitians joined forces to create simple, delicious, and nutritious smoothie recipes that are the perfect post-workout meal or simple afternoon pick me up!

Special thanks to these RDs:

Monica Salafia, Danielle Kiser, Jenna Werner, Amanda Leddy, Haley Hughes, Leanne Ray, Maria Zamarripa, Jenny Littau, Megan Best, Danielle Fineberg, Emily Moore, Rhyan Geiger, Katie Horrell, and Nikki Petrocelli.

E-book designed by Kaleigh McElfresh, dietetic intern.

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Vitamin-C Bursting Smoothie

By Monica Salafia, MS RD CPT



With nearly twice your daily needs of both vitamin-A and C, this smoothie is *bursting* with healthy immune system properties. Made with vibrant fruits, veggies, & 100% fruit-juice -this smoothie replenishes your glycogen stores and tastes amazing!

HP, DF-NY, Veg, Good for Strength, Hypertrophy

@denverfitnessdietitian

Recipe:

- 4-5 frozen strawberries
- 1/2 cup frozen carrots
- 1/2 whole peeled orange
- 4 fluid ounces Natalie's Orange Juice (or any OJ!)
- 1 scoop vegan or whey vanilla protein
- 1 pinch ground turmeric
- 1 pinch black pepper
- 2 teaspoons hemp hearts

Directions:

- Place the ingredients in a single serving blender in order from fluid to frozen, so the frozen produce is closest to the blade and blends smoothly (**for large blenders, start with frozen and top with fluid!)
- Blend until smooth.
- Pour in a bowl to eat as a smoothie bowl or drink from a cup.
- Enjoy!



Recipe makes 1 smoothie:

Nutrition Facts	
Vitamin C Bursting Smoothie	
Serving Size:	1 Serving (383g)
Amount Per Serving	Calories 294 Calories from Fat 41
Calories 294	% Daily Value
Total Fat 4.5g	7%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.9g	
Monounsaturated Fat 0.5g	
Cholesterol 5.1mg	2%
Sodium 95mg	4%
Potassium 940mg	27%
Total Carbohydrates 37g	12%
Dietary Fiber 6.6g	26%
Sugars 24g	
Protein 30g	
Vitamin A	209%
Vitamin C	266%
Calcium	18%
Iron	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Red Velvet Protein Smoothie

By Haley Hughes, MS, RDN, LD, CDE



@rdrxnutrition

Beets are a nutrient powerhouse. They're full of fiber, folate, vitamin A and K, and are a vegetable well known in the fitness industry for their anti-oxidant profile. Beets in a smoothie is excellent for recovery!

Veg, Good For Endurance, Hypertrophy

Recipe:

- 1/2 cup milk of choice
- 1 cup strawberries
- 1/4- 1/2 large beet – peeled and diced
- 1 small banana
- 1/2 Tbsp cacao powder
- 1/2 cup Greek yogurt
- 2-3 pitted dates
- 1-2 tsp maple syrup or honey (optional)
- 2 Tbsp cacao nibs (optional)



Directions:

- In a blender, combine the milk, strawberries, peeled beet, banana, cacao powder, yogurt, and pitted dates. Purée until smooth.
- Divide the shake between two glasses. Sprinkle evenly with the remaining 1 tablespoon cocoa nibs before serving.
- Enjoy!

Recipe makes 2 smoothies

Nutrition Facts	
Serving Size:	1 Serving (313g) Red velvet Beet smoothie
Amount Per Serving	Calories 243
% Daily Value*	
Total Fat 6.3g	10%
Saturated Fat 3.1g	16%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 3mg	1%
Sodium 49mg	2%
Total Carbohydrates 41g	14%
Dietary Fiber 6.8g	27%
Sugars 27g	
Protein 9.6g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 3mg	18%
Potassium 651mg	14%
Caffeine 7.2mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Green Protein Smoothie

By Jenna Werner, RD



@happystronghealthy.rd

While "shakes" may get a bad rap for falling into diet culture characteristics, a smoothie can be a colorful, nutrient dense meal! By combining at least three food groups, as Jenna says it "protein, carbs, and color", you can have a filling smoothie, with your entire daily needs of vitamin A and vitamin C!

HP, DF-NY, Veg Good for Hypertrophy, Maintenance

Recipe:

- 1 scoop protein powder of choice (vegan or whey)
- 1 cup frozen mixed berries
- 1 frozen banana
- 1 cup coconut milk
- 1 Tablespoon peanut butter
- 1/2 cup smart bran cereal or oats
- 1 Tablespoon flax/chia seed blend
- Handful of kale or spinach



Directions:

- Add all ingredients to a blender and blend until smooth.
- Enjoy!

Recipe makes 1 smoothie

Nutrition Facts	
Green Protein Smoothie	
Serving Size:	1 Serving (657g)
Amount Per Serving	
Calories	647
Calories from Fat	170
Total Fat	19g
29%	
Saturated Fat	3g
15%	
Trans Fat	0g
Polyunsaturated Fat	6.9g
Monounsaturated Fat	6.2g
Cholesterol	5.1mg
2%	
Sodium	157mg
7%	
Potassium	1381mg
39%	
Total Carbohydrates	87g
29%	
Dietary Fiber	21g
84%	
Sugars	26g
Protein	42g
Vitamin A	117%
Vitamin C	200%
Calcium	30%
Iron	30%

* Percent Daily Values are based on a 2000 calorie diet.

Mint Chocolate Smoothie

By Megan Best, RDN, CPT, PPCES



A minty smoothie is the perfect post-workout refresher! A healthy spin on the mint chocolate shake, this smoothie provides your entire day's worth of Vitamin A--an important vitamin for eye and immune health.

HP, DF-NY, Veggies, LS, Good for Fat Loss

Recipe:

- 1 handful of fresh spinach
- 1 cup of coconut or almond milk
- 1 scoop of chocolate protein
- 1/2 teaspoon mint extract
- 1/2 cup ice cubes
- 1/2 banana



Directions:

- Place all ingredients in a blender and blend until smooth.
- Top with your favorite toppings and enjoy!

Recipe makes 1 smoothie

Nutrition Facts

Mint Chocolate Smoothie	
Serving Size:	<input type="text"/> 1 Serving (508g)
<hr/>	
Amount Per Serving	Calories 217
	Calories from Fat 31
<hr/>	
Total Fat 3.5g	5%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.9g	
Monounsaturated Fat 1.7g	
Cholesterol 5.1mg	2%
Sodium 100mg	4%
Potassium 726mg	21%
Total Carbohydrates 21g	7%
Dietary Fiber 4.4g	18%
Sugars 9.2g	
Protein 28g	
Vitamin A	107%
Vitamin C	35%
Calcium	17%
Iron	13%
<small>* Percent Daily Values are based on a 2000 calorie diet.</small>	

Blueberry Banana Muffin Smoothie

By Amanda Leddy, RDN



@_simply_nourished_

For the mornings you want a muffin but don't have the ingredients (or you're just in the mood for something cool and refreshing!), this vitamin and antioxidant packed smoothie hits the spot. Bonus: chia seeds provide lots of fiber for digestive health!

DF-NY, Good for Endurance

Recipe:

- 1 cup almond milk
- 1 banana
- 1/2 cup frozen blueberries
- 1/4 cup oats
- 1/2 Tablespoon chia seeds
- 1 Tablespoon nut butter
- 1 cup ice

Directions:

- Add all ingredients to the blender, starting with the fruit, seeds, and nut butters.
- Throw the ice and almond milk in last.
- Blend until smooth and enjoy!



Recipe makes 1 smoothie

Nutrition Facts	
Blueberry Banana Muffin Smoothie	
Serving Size:	1 Serving (723g)
Amount Per Serving	
Calories 404	Calories from Fat 138
% Daily Value	
Total Fat 15g	23%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 7.4g	
Cholesterol 0mg	0%
Sodium 17mg	1%
Potassium 717mg	20%
Total Carbohydrates 64g	21%
Dietary Fiber 12g	48%
Sugars 29g	
Protein 9.6g	
Vitamin A	2.3%
Vitamin C	20%
Calcium	11%
Iron	14%
* Percent Daily Values are based on a 2000 calorie diet.	

Happy Hormones Blueberry Smoothie

By Maria Zamarripa, MS, RD



@foodfarmacistrd

Packed with antioxidants, this blueberry smoothie is the perfect recipe, especially during cold and flu season! Blueberries and fresh dark, leafy greens are chock full of antioxidants, important for improved immune system function. Flax seed provide healthy fats and benefit estrogen metabolism.

Veg, Good For Endurance

Recipe:

- 1/2 cup almond milk
- 2 Tablespoon ground flax seed
- 2 Tablespoon pumpkin seeds
- 5-oz full fat vanilla yogurt
- 3/4 cup blueberries
- 1/4 cup frozen cauliflower
- Handful of fresh leafy greens

Directions:

- Throw your ingredients into your favorite blender (Maria's is her Vitamix!), and blend until smooth. Enjoy!



Fun Fact! According to the Vitamix Team, the best order for smooth blending is:

1. Start with a Liquid base

2. Add Ground or powdered items

3. Next Nuts and seeds

4. Yogurt

5. Frozen fruit

6. Frozen veggies

7. Leave Leafy greens for last.

Recipe makes 1 smoothie

Nutrition Facts

Blueberry Smoothie	
Serving Size: <input type="button" value="1"/> Serving (482g)	
<hr/>	
Amount Per Serving	
Calories 333	Calories from Fat 96
<hr/>	
Total Fat 11g	17%
Saturated Fat 2.1g	11%
Trans Fat 0g	
Polyunsaturated Fat 5.1g	
Monounsaturated Fat 2.8g	
Cholesterol 7.1mg	2%
Sodium 117mg	5%
Potassium 814mg	23%
Total Carbohydrates 51g	17%
Dietary Fiber 9.7g	39%
Sugars 36g	
Protein 13g	
<hr/>	
Vitamin A	101%
Vitamin C	45%
Calcium	25%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.

Chile Mango Green Smoothie

By Leanne Ray, MS, RDN



@leannerayrdn

Spice up your post-workout smoothie, literally! We're bringing the heat and antioxidants in this unique smoothie. You'll love the zest and refreshing flavor plus this is a really green smoothie!

Veg. Good for Hypertrophy, Maintenance

Recipe:

- 3/4 cup plain Greek yogurt
- 1/2 cup frozen mango
- 1/2 cup frozen spinach
- 1/2 cup orange juice
- 1/2 inch knob fresh ginger
- 1/8 teaspoon Trader Joes chile lime seasoning

Directions:

- Place all ingredients in the blender and mix until smooth. Top with additional chile lime seasoning for an extra kick, or leave it as is!
- Enjoy!



Recipe makes 1 smoothie

Nutrition Facts

Chile Lime Mango Green Smoothie

Serving Size: Serving (542g)

Amount Per Serving	Calories 260	Calories from Fat 20	% Daily Value
Total Fat 2.2g			3%
Saturated Fat 0.5g			2%
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 0.3g			
Cholesterol 8.5mg			3%
Sodium 537mg			22%
Potassium 995mg			28%
Total Carbohydrates 44g			15%
Dietary Fiber 7.1g			28%
Sugars 29g			
Protein 23g			
Vitamin A			253%
Vitamin C			191%
Calcium			29%
Iron			16%

* Percent Daily Values are based on a 2000 calorie diet.

Deconstructed Smoothie Bowl

By Danielle Fineberg, MS RD



For those who don't have a blender or simply don't want to deal with the clean up, this deconstructed smoothie bowl is the perfect option! Bonus: it's packed with Potassium, which is hugely important in maintaining fluid balance and staying hydrated for your workout.

HP, Veg, Good for Fat Loss

Recipe:

- 1 small sweet potato, baked and cooled
- 1 cup yogurt of choice
- 1 scoop protein powder (optional)
- Toppings of choice: granola, nut butter, coconut shreds, fruit, chia seeds, cinnamon

Directions:

- Bake sweet potato the night prior or let cool for several hours in the fridge.
- Mix 1 cup yogurt of choice with protein powder (optional)
 - Remember that vegan yogurts are often low in protein, so this is an easy way to boost the protein content and add some more flavor!
- Stuff your sweet potato with the yogurt mixture
- Top with your favorite toppings and enjoy!



Recipe makes 1 bowl:

Nutrition Facts

Deconstructed Smoothie Bowl	
Serving Size:	1 Serving (373g)
Amount Per Serving	
Calories 358	Calories from Fat 38
	% Daily Value
Total Fat 4.2g	6%
Saturated Fat 2.6g	13%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 1g	
Cholesterol 19mg	6%
Sodium 250mg	10%
Potassium 1232mg	35%
Total Carbohydrates 42g	14%
Dietary Fiber 4.8g	19%
Sugars 23g	
Protein 39g	
Vitamin A	440%
Vitamin C	40%
Calcium	47%
Iron	7.4%

* Percent Daily Values are based on a 2000 calorie diet.

Coffee Kick Smoothie

By Danielle Kiser, MS RDN



@kiserdanielle

When you want an energy-boost, caffeine is a natural stimulant and ergogenic aid. This smoothie will be excellent pre-workout and for those early AM workouts.

HP, DF-NY, LS, Good for Fat Loss

Recipe:

- 6 ounces brewed coffee, cooled
- 3/4 cup milk of choice
- 1/2 Tablespoon pumpkin spice, cinnamon, & turmeric
- 1 scoop protein powder of choice
- 1/3 medium banana, frozen
- 4-6 ice cubes
- 1 Tablespoon Peanut Butter
- 1 teaspoon maple syrup



Directions:

- Place all ingredients in your blender and blend until smooth.
- Put it in a martini glass for funsies (optional), and enjoy!

Recipe makes 1 smoothie

Nutrition Facts

Serving Size:	<input type="checkbox"/> 1 Serving (640g)	11%
<hr/>		
Amount Per Serving	Calories	315
	% Daily Value*	
Total Fat 11g	17%	
Saturated Fat 2.1g	11%	
Trans Fat 0g		
Polyunsaturated Fat 2.5g		
Monounsaturated Fat 4.7g		
Cholesterol 5.1mg	2%	
Sodium 139mg	6%	
Total Carbohydrates 28g	9%	
Dietary Fiber 7.2g	29%	
Sugars 10g		
Protein 31g		
Vitamin D 0mcg	0%	
Calcium 247mg	19%	
Iron 4mg	23%	
Potassium 669mg	14%	
Caffeine 71.1mg		

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Peanut Butter Power Punch

By Jenny Littau, MS, RDN, CPT



A smoothie that leaves you so satiated, you'll want to enjoy this when you have that long stretch in between meals to keep your energy humming. Fats tell your digestive system to slow down, so you feel full longer.

HP, DF-NY, Veg, Good for Endurance, Hypertrophy

Recipe:

- 1 cup unsweetened almond milk
- 2 scoops collagen
- 4-5 heads of frozen cauliflower
- 1 banana
- 1-2 heaping spoonfuls peanut butter
- 1 Tablespoon hemp seeds
- 1 Tablespoon cacao powder
- Cinnamon to taste
- Top with crumbled granola

Directions:

- Add all ingredients to a blender and blend until smooth.
- Top with your favorite toppings full of extra nutrients and enjoy!



Recipe makes 1 smoothie

Nutrition Facts

Peanut Butter Power Punch	
Serving Size:	1 Serving (561g)
<hr/>	
Amount Per Serving	% Daily Value*
Calories 636	Calories from Fat 289
Total Fat 32g	49%
Saturated Fat 5.2g	26%
Trans Fat 0g	
Polyunsaturated Fat 11g	
Monounsaturated Fat 12g	
Cholesterol 0mg	0%
Sodium 224mg	9%
Potassium 1267mg	36%
Total Carbohydrates 65g	22%
Dietary Fiber 14g	56%
Sugars 25g	
Protein 32g	
Vitamin A	1.8%
Vitamin C	104%
Calcium	9.8%
Iron	36%

* Percent Daily Values are based on a 2000 calorie diet.

Banana Smoothie Bowl

By Emily Moore, RD



@emilym_dietitian

This smoothie bowl is full of color, which tells you it's full of antioxidants. It's also a perfect, carbohydrate rich bowl to re-fuel your glycogen stores after a run! Add extra toppings like berries, coconut chips and nuts for additional nutrition.

HP, DF-NY, Veg, LS, Good for Hypertrophy, Maintenance

Recipe:

- 1 frozen banana
- 1 cup frozen spinach
- 1 Tablespoon ground flaxseed
- 2 cups soy milk
- 1 scoop protein powder
- Toppings (optional): sprinkle of chia seeds, hemp seeds, sliced almonds, coconut, fresh raspberries



Directions:

- Place all ingredients, except toppings, in a blender and blend until smooth.
- Pour smoothie into a bowl and top with your favorite toppings.
- Enjoy!

Recipe makes 1 smoothie

Nutrition Facts

Green Smoothie Bowl	
Serving Size:	1 Serving (420g)
Amount Per Serving	
Calories 290	Calories from Fat 71
Total Fat 7.9g	12%
Saturated Fat 3.4g	17%
Trans Fat 0g	
Polyunsaturated Fat 1.9g	
Monounsaturated Fat 1.7g	
Cholesterol 22mg	7%
Sodium 246mg	10%
Potassium 1012mg	29%
Total Carbohydrates 33g	11%
Dietary Fiber 6.8g	27%
Sugars 7.8g	
Protein 26g	
Vitamin A	240%
Vitamin C	16%
Calcium	42%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.

Mixed Berry Smoothie Bowl

By Rhyan Geiger, RDN



@phxvegandietitian

The mixed berries add in anti-inflammatory nutrients like vitamin A and C but the fatty acids from chia seeds and hemp seeds add omega-3s, another anti-inflammatory nutrient, perfect for soothing sore muscles.

HP, DF-NY, Veg, LS, Good for Fat Loss

Recipe:

- 1/2 cup mixed berries
- Handful of fresh kale
- 1 scoop vegan vanilla protein powder
- 1 Tablespoon chia seeds
- 1.5 cups filtered water
- Topped with cacao nibs, hemp seeds, and PB2 powder (optional)



Directions:

- Throw all the ingredients in a blender and blend away!
- Once smooth, pour into a glass or bowl and top with your favorite toppings.

Enjoy!

Recipe makes 1 smoothie

Nutrition Facts

Mixed Berry Smoothie Bowl	
Serving Size:	1 Serving (527g)
Amount Per Serving	
Calories	231
Calories from Fat	45
% Daily Value*	
Total Fat	5g
Saturated Fat	0.7g
Trans Fat	0g
Polyunsaturated Fat	3.3g
Monounsaturated Fat	0.4g
Cholesterol	5.1mg
Sodium	88mg
Potassium	583mg
Total Carbohydrates	20g
Dietary Fiber	9.9g
Sugars	5.6g
Protein	30g
Vitamin A	115%
Vitamin C	148%
Calcium	26%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.

Raspberry Collagen Creamsicle Smoothie

By Katie Horrell, MS, RDN, CPT



Chock full of vitamin A, vitamin C, and plant-based protein, this recipe is just the fix for a post-run dinner. A great substitute for takeout, all while recovering your aching muscles and supporting immune system function!

HP, Strength, Good for Hypertrophy

Recipe:

- 1 cup almond milk
- 1/2 cup frozen raspberries
- 1/2 cup vanilla greek yogurt
- 2 clementines or 1 orange
- 1 scoop vanilla protein
- 1 scoop orange cream collagen (optional)



Directions:

- Pour all ingredients in your blender and pulse until smooth.
- Drink from your favorite glass with your favorite view! Enjoy!

Recipe makes 1 smoothie

Nutrition Facts

Raspberry Collagen Creamsicle Smoothie

Serving Size: 1 Serving (647g)

Amount Per Serving	Calories 401	Calories from Fat 37
Total Fat 4.1g	6%	
Saturated Fat 0.6g	3%	
Trans Fat 0g		
Polyunsaturated Fat 0.7g		
Monounsaturated Fat 1.7g		
Cholesterol 8.5mg	3%	
Sodium 114mg	5%	
Potassium 747mg	21%	
Total Carbohydrates 51g	17%	
Dietary Fiber 11g	44%	
Sugars 36g		
Protein 44g		
Vitamin A	0.7%	
Vitamin C	163%	
Calcium	27%	
Iron	8.6%	

* Percent Daily Values are based on a 2000 calorie diet.

Mimostly Fruit Smoothie

By Nikki Petrocelli, RD



Cheers to health! This fun, bubbly beverage is packed with Vitamin-C, protein, and fun! Of course, it can easily be made into a pre- or post-workout smoothie (just leave out the champagne for optimal recovery).

Good for Endurance (and celebrations!)

Recipe:

- 1 cup Orange Juice
- 1 cup frozen diced pineapple
- 1 cup frozen mandarin oranges
- 1/2 cup non fat Greek yogurt
- 2 scoops vital protein collagen
- 1/2 cup non fat milk of choice
- Champagne floater (optional, obvi!)



Directions:

- Add orange juice, frozen pineapple, frozen oranges, Greek yogurt and milk to the blender.
- Pulse until smooth.
- Pour champagne on top if you like, and stir briefly until is evenly combined.
- Serve immediately, garnished with fresh orange slices (if you're a boujie doll who likes to do it for the gram).

Recipe makes 1 smoothie

Nutrition Facts

Mimostly Fruit smoothie	
Serving Size: <input type="text" value="1"/> Serving (1023g)	
<hr/>	
Amount Per Serving	
Calories 530	Calories from Fat 14
	% Daily Value*
Total Fat 1.6g	2%
Saturated Fat 0.3g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0.2g	
Cholesterol 8.1mg	3%
Sodium 106mg	4%
Potassium 1533mg	44%
Total Carbohydrates 89g	30%
Dietary Fiber 6.7g	27%
Sugars 69g	
Protein 20g	
Vitamin A	17%
Vitamin C	523%
Calcium	31%
Iron	10%
<hr/>	
* Percent Daily Values are based on a 2000 calorie diet.	

Labels & Definitions

Use this page as a guide to help you choose what smoothie is right for you! I've identified key characteristics of each smoothie for you so that you can quickly decide is this smoothie right for me and for my fitness goals?

Newly Included

- **HP** - High- Protein smoothie with at least 25 grams of protein or more per serving.
- **DF-NY** - This means the recipe is dairy free, assuming vegan protein is used, and has no yogurt.
- **Veg** - This means that there is a full serving* of veggies in the recipe.
- **Low Sugar**- If 10 grams or fewer.

Fitness Goals Labels If it falls within this macro %...

- **Fat Loss** - 45% Pro | 10-30% Cho | 30-40% Fat
- **Strength** -30% Pro | 50% Cho | 20% Fat
- **Endurance**- 15-20% Pro |45-50% Cho | 20-30% Fat
- **Hypertrophy** -15-20% Pro | 45-65% Cho | 20-30% Fat
- **Maintenance** -25-35% Pro | 30-50% Cho | 25-35% Fat

* 1 Full Serving of Vegetables is equal to:

- 1/2 cup cooked or frozen vegetables
- 1 cup of leafy greens like kale or spinach
- A combination of the two above (example: 1/4 cup frozen cauliflower + 1 cup spinach).

1 handful assume = 1 cup.