

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Breakfast Super Smoothie

Recipe makes: 1 serving

Prep time: 5 minutes

Nutrition info per serving	1 portion
Calories	292
Carbohydrate	15 g
Protein	28 g
Fat	15 g
Total Sugars	2.6 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Breakfast Super Smoothie

Ingredients:

- 1 scoop (22 g) whey protein, unflavored
- 1 cup (240 g) almond milk, unsweetened
- 1 Tbsp (15.6 g) almond butter
- ½ Tbsp cocoa
- 1 cup (30 g) spinach, raw or frozen
- ¾ tsp almond extract
- 1 Tbsp oats
- 2 strawberries, optional

Method:

1. Place all ingredients in a blender and blenderize until smooth.
2. Add ice before blending, if desired.

Chef's tip:

1. *Add hemp seeds, flavored extracts, ground cinnamon, or different nuts to change up the flavor and texture.*
2. *Add water to thin the smoothie to desired consistency.*



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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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