

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Exhilarating Green Goddess Smoothie

Recipe makes: 1 serving

Prep time: 10 minutes

<i>Nutrition info per serving</i>	<i>1 portion</i>
Calories	166
Carbohydrate	10.8 g
Protein	9 g
Fat	10 g
Total Sugars	2.7 g

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

Exhilarating Green Goddess Smoothie

Ingredients:

- ½ cup low carb yogurt (3 g carbs, 2 g sugar)
- 1 cup mixed greens
- ¼ of a Hass avocado
- 1 Tbsp hemp seeds
- 4 fresh raspberries
- Ice (optional)

Method:

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

Chef's tip: *Add water to thin the smoothie to desired consistency.*



Innovation in Nutrition

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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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