

SMOOTHIE BAR BOOSTS NUTRITION AT OAK MARR



Here's a great way to satisfy your post-workout cravings and boost nutrition, too! The new Oak Marr RECenter Smoothie Bar offers made-to-order, blended smoothies and protein shakes using a combination of flash-frozen or fresh organic fruits and vegetables. The result is a tasty, satisfying treat chock full of nutrients with no added sugar or fillers.

"It's delicious," said RECenter patron Diana Gosciniak as she picked up a smoothie after her RECenter aquatics class. "They use good fruit, and they mix in a lot of veggies, too. Sometimes I order two and take one home to my husband."

The smoothie bar ties in with the Park Authority's mission to support healthy lifestyles. That commitment includes using only pure ingredients with high nutritional value.

The best-selling flavor has been Royal Karma with its organic strawberries, banana, oranges, chia seeds and unsweetened coconut milk. Gosciniak says Green Goddess is also a tasty combination of organic celery, apple, cucumber, chia seeds, mango, spinach, kale coconut water, parsley, lemon, turmeric and ginger root. "It's pure and fresh and has a lot of flavor to it," she said. "If you like fruit, it's better to drink this than soda."

Green smoothies have become a major trend in health because they're a quick and convenient way to consume nutrient-rich, dark green, leafy vegetables without tasting them. The sweetness of the fruit masks the flavor, so all you taste is banana, mango, pineapple or strawberry as you consume a healthy dose of spinach, kale or any other vegetable you put in.

According to the U.S. Centers for Disease Control and Prevention (CDC), only 25 percent of people consistently consume the recommended five to nine fruits and vegetables daily. The average green smoothie contains three to five servings of fruits and vegetables. So, if you need to increase produce in your diet, an Oak Marr Smoothie Bar blend may be the answer for you!

Smoothie Bar is open from
7 a.m. to 9 p.m.
Monday – Friday;
7 a.m. to 7 p.m. Saturday
and 9 a.m. - 8 p.m.
Sunday.

