

Smoothies

All based on 1 large smoothie. If your sport or growing body or training needs more energy then adjust the ingredients e.g. add an extra banana or more milk or another Tbsp. milk powder- easy!

Banana, nut and berry knockout

- 1 banana
- 1/4 cup mixed berries
- 1 medjool date
- 1 Tbsp. trim milk powder
- 1 teaspoon. Peanut Butter
- 1 cup milk
- ½ teaspoon cinnamon

Per serve (1)

Calories 350, protein 15g, Calcium 400mg, iron 1.5mg

Choconana

- 1 Banana
- ½ cup chocolate milk
- ½ cup milk
- 1 Tbsp. trim milk powder
- 2 ice cubes (optional)

Per serve (1)

Calories 300, protein 15g, Calcium 400mg

Smooth Soy & Mango

- 1 cup Soy milk – *choose calcium fortified*
- 1 cup Orange juice
- 1 cup frozen Mango chunks
- 1 Banana
- 1 Tbsp. trim milk powder
- ¼ cup Ice cubes (optional)
- 1 teaspoon Honey (optional)

Per serve (1)

Calories 300, protein 15g, Calcium 400mg

Freeze a Smoothie: Top Tips

Zip up these delicious athlete combo's and pop them in the freezer so they're ready to blend on busy days!

- Use sandwich sized zip-lock bags to freeze the perfect portion for 1 smoothie
- Chop fruit into even-sized chunks
- Squeeze as much air out as possible to prevent frost from forming inside
- Mark freezer bags with date you packed them
- Store flat in freezer for up to 1 month
- **Add milk just before blending!**



Ideal Pre-Training

- If consumed >1 hour before moderate intensity exercise & > 2 hours before high intensity exercise

Ideal Recovery Option

- Consume < 30min within finishing
- Great source of carbohydrate and protein for the muscles