



Post-exercise Smoothie

The smoothie is an excellent option for after exercise. It's quick to prepare and you can take it with you if you are in a hurry. You could even make it the night before if necessary. You can change the ingredients depending on what's in the fridge and they don't have to be anything fancy or exotic if you don't want. It does help to have a good blender though.

Ingredients

- 200mls Liquid*
- 2 cups of fresh spinach
- ½ banana (freeze the other half for next time)
- ½ cup of fresh or frozen fruit (this is where you can use your imagination to mix it up....try blueberries, raspberries, strawberries, pineapple, mango, kiwi or anything that takes your fancy)
- 1 heaped teaspoon of raw cacao or nut butter (optional)
- 2 tablespoons of collagen powder or other protein powder (20-40gm)



Combine all ingredients in a blender and blend until smooth.

*Liquid could be coconut water, milk, soy milk, nut milk or whatever you have on hand...(you can even just use water).

If the liquid is not chilled or fruit not frozen, add a couple of ice cubes to chill your smoothie if you want it cold. Or you can add ice afterwards if taking it with you. You can also add a squeeze of lime for a bit more zest.