

Berry Blast Recovery Smoothie



Post Workout Recovery

When the body is working to recover from intense exercise, it absorbs nutrients like at no other time during the day. The berry blast recovery smoothie delivers a potent mix of protein, carbohydrates, antioxidants and nutrients to help the body rehydrate... the perfect post workout snack on the go that not only will kick start recovery, but tastes amazing too!

- **Coconut water** has been shown to increase rehydration and blood volume after intense exercise
- **Spinach** is rich in vitamins, minerals and it phytonutrients such as carotenoids flavonoids which provide powerful antioxidant protection
- **Raspberries** are extremely high in phytonutrients and antioxidants which can help protect against excessive inflammation
- **Blueberries** contain powerful antioxidants and have been shown to help increase brain health and cognitive function
- **Chia Seeds** are excellent sources of omega-3 fatty acids and also help with rehydration

Smoothie Recipe

8 oz Coconut Water

1 cup Fresh Spinach

½ cup Fresh Raspberries

½ cup Fresh Blueberries

½ scp Vanilla Protein Powder

1 tbsp Chia Seeds

Nutrition Facts

Serving Size (406g)

Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 290mg **12%**

Total Carbohydrate 33g **11%**

Dietary Fiber 11g **44%**

Sugars 18g

Protein 16g

Vitamin A 20% • Vitamin C 60%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

