

# Citrus Energy & Rehydration Smoothie



## Post Workout Snack

Do you have trouble eating after you exercise? Find it hard to drink enough water? Or ever feel depleted of energy? Then this is the snack for you! Quick and easy to make, and you can drink it on the go to boost your energy and rehydrate!!!



## Food Is Medicine

What makes this smoothie so great?

- ◆ **Oranges** are water soluble antioxidants rich in vitamin C. Studies show oranges provide the body with antioxidant protection & immune support. Do you have trouble feeling full? Oranges are good source of fiber.
- ◆ **Lemons** might be tart but like oranges, they are a good source of antioxidants, rich in vitamin C.
- ◆ **Coconut Water** Who need sugary Gatorade to keep hydrated during or after a workout. Studies have shown that Coconut Water helps the body rehydrate and restore blood volume after exercise.
- ◆ **Blueberries** Ever feel mentally foggy? Blueberries help to improve brain function resulting in increased memory and alertness.
- ◆ **Kale** is not only an anti-inflammatory but it helps the body's cells to detox. It also helps lower cholesterol
- ◆ **Chia seeds** are high in omega 3 fatty acids that help protect the body against inflammation. They also provide the body with plenty of fiber to help you feel full. But make sure to drink lots of water!
- ◆ **Bananas** Helps improve the body's ability to absorb calcium which helps to build strong bones. Also a good source of electrolytes!

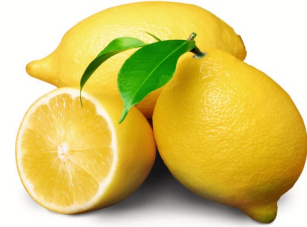
# CITRUS ENERGY & REHYDRATION SMOOTHIE

## Post Workout Snack

### Smoothie Recipe

- 1 Orange
- 1 Large Lemon Slice (or 2 small slices)
- 2 T Coconut Water
- 2 T Frozen Blueberries
- 1/2 to 3/4 C Frozen Kale
- 1/2 T Chia Seeds
- 1/2 Banana

Directions: Combine all ingredients in a blender. Blend until smooth.



### Nutrition Facts

Serving Size (307g)  
Servings Per Container

Amount Per Serving

**Calories** 170    **Calories from Fat** 20

% Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 10mg    **0%**

**Total Carbohydrate** 40g    **13%**

Dietary Fiber 8g    **32%**

Sugars 23g

**Protein** 4g

Vitamin A 20%    •    Vitamin C 180%

Calcium 15%    •    Iron 6%

\*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



### Recourses:

- ◆ [www.naturalstandard.com](http://www.naturalstandard.com)
- ◆ [www.whfoods.com](http://www.whfoods.com)
- ◆ [www.eatright.org](http://www.eatright.org)
- ◆ [www.foodinsight.org](http://www.foodinsight.org)

