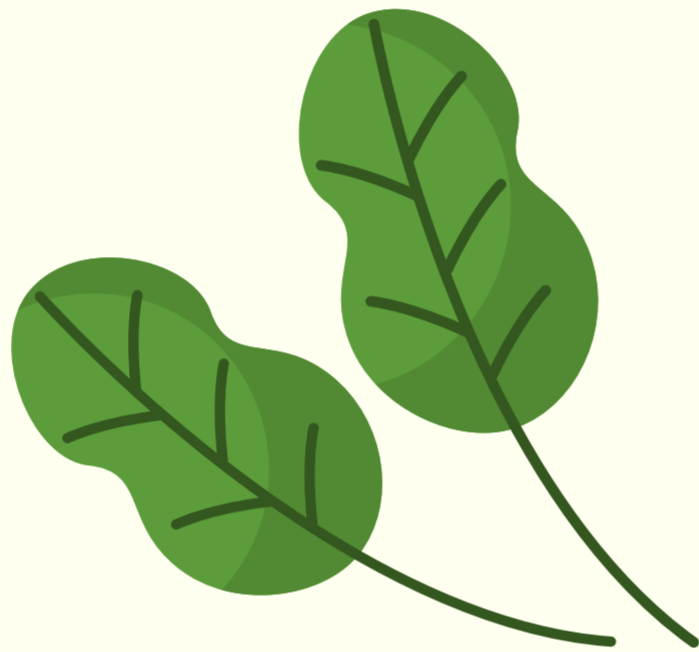




# Post-Workout Smoothie Ideas

- 1 medium banana
- 1 cup blueberries
- 1 medium orange, peeled & chopped
- 1/4 cup rolled oats
- 1/3 cup Greek Yogurt



- 1 cup unsweetened coconut water
- 1/2 cup baby spinach
- 1 medium banana,
- 3/4 cup frozen mango, diced
- 1 tbsp chia seeds

- 1 cup milk of choice
- 1 tbsp raw cacao powder
- 1/4 cup rolled oats
- 1 tbsp peanut butter
- 1 medium banana
- 1 tbsp chia seeds
- 1 scoop whey protein powder
- 1-3 ice cubes



- 1 medium banana
- 1 cup of milk of choice
- 1/2 cup chopped strawberries
- 1/4 cup 2% Greek yogurt
- 1 Tbsp peanut butter





# Create Your Own Smoothie Recipe:

## MAKE IT FRUITY



## CHOOSE A BASE



## MAKE IT CREAMY

Milk of choice  
Coconut milk  
Water  
Chilled tea

## + PROTEIN

Always use a protein:  
add seed/nut butter,  
Greek yogurt as a base  
or use milk



# Blend and Enjoy!