



Fruit Smoothie



A SWEET, PROTEIN-PACKED TREAT!

Smoothies pack both carbohydrates and protein, which are critical for sport performance. Carbohydrates from fruit, honey, and yogurt replenish your muscle's energy reserves, also called glycogen. Glycogen is the body's fastest energy source but is only available in limited amounts. So, carbohydrates have to be replenished after sport.

Protein from yogurt and/or milk in your smoothie helps repair muscles and builds strength. Smoothies pack in between 15g and 20g of protein per 16-oz serving which is perfect after a workout.

INGREDIENTS (2 SERVINGS)

- 2 cups of your favorite seasonal fresh or frozen fruit
- 1 cup organic vanilla or honey Greek style yogurt
- 1/2 cup organic apple juice
- 1/2 cup ice (if you use fresh fruit)

DIRECTIONS

Add fruit, yogurt, and apple juice to a blender. Blend until smooth. Add ice if you use fresh fruit. We recommend buying local fruit in season and freeze for smoothies.

Try some of our favorite fruit smoothies:

- Strawberry (Remember that strawberries grow in the spring and early summer)
- Peach
- Watermelon
- Mulberry (Mulberries are a berry-like fruit that grow on trees. Trees are wild and their berry highly nutritious. They look like blackberries only smaller. Mulberries grow throughout the western United States in early summer)
- Beet and Cucumber
- Apricot
- Peach and Plum

This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free