

## DIY Post Workout Smoothie



Whether hiking, running, cycling, strength training, or enjoying your favourite exercise class, following a workout it is important to replenish nutrients that you used as energy during your sweat session. Smoothies are a great option to refuel. Smoothies are not only easy to make and digest, but also a good option to replenish protein, healthy fats, and antioxidants in your body.

A simple “equation” that you can use to create your own smoothies is as follows:

**Liquid**

(water, unsweetened almond milk, coconut milk, or coconut water)

+

**Leafy Greens**

(spinach, kale, or chard)

+

**Fruit**

(strawberries, raspberries, blueberries, and/or banana)

+

**Protein**

(protein powder, almond butter, chia seeds or hemp hearts)

+

**Healthy Fats**

(nut butters or avocado)

## DIY Post Workout Smoothie

### Super Greens Smoothie

**Ingredients:**

2-3 cups raw spinach or kale  
½ avocado  
Handful of strawberries  
½ cup water  
½ cup ice  
1 tbsp almond butter  
1 scoop of protein of choice

**Instructions:** Combine all ingredients into a blender and blend until thick and creamy. Adjust your desired thickness by adding more water. Enjoy!

**Additional smoothie recipes can be found on the Magna Wellness website:**

Berry Sneaky Green Smoothie: <http://magnawellness.ca/?t=health-articles&id=33>

Chocolate Banana Protein Smoothie: <http://magnawellness.ca/?t=health-articles&id=52>