

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)

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



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

Sources:

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

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



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