

RECOVERY SMOOTHIES

ACTAS Performance Nutrition



Whizzing up a smoothie after training is one of the easiest ways to hit your recovery needs as an active individual. Recovery nutrition consists of a few key nutrients including quality protein, carbohydrates, fluid and revitalising nutrients such as antioxidants. Hitting these key components of your recovery will

- promote muscle repair and growth,
- boost adaptation from the training session,
- support your immune system
- appropriately refuel and rehydrate your body.

Having good recovery strategies is particularly important if you complete two or more training sessions a day and even more so if training sessions are in close succession (ie, evening session followed by an early morning session the next day). As this is largely the case for many athletes, having good nutrition recovery strategies should be a fundamental part of an athlete's daily routine.

Try out some of the recipes below by blending the listed ingredients!

MANGO & BANANA SMOOTHIE

250ml milk of choice

100g Greek Yogurt

1 banana

½ cup frozen mango

1 drop vanilla essence

1 tsp chia seeds

NUTTY BANANA SMOOTHIE

250ml cup of regular or soy milk

100g Greek yogurt

1 Tbsp of almond or peanut butter

1 banana

1 Tbsp maple syrup or honey

BERRY SUMMER SMOOTHIE

150ml coconut water or water

150ml milk

3 Tbsp Greek yogurt

½ cup frozen mango

½ cup frozen berries

2 Tbsp skim milk powder

CHOC BANANA OATS

1 cup milk of choice

1 banana

¼ cup instant oats

100g vanilla flavoured yogurt

1 tsp cocoa powder

2 Tbsp skim milk powder