Recovery Smoothie Recipes

Here are a variety of ideas for a recovery smoothie. You can try some of the recipes below or make your own. The key is fluids, protein source, and carbohydrate.

**Protein examples:** yogurt, milk, skim milk powders, protein powders, nuts and nut butters etc.

**Carbohydrate examples:** All fruits, fruit juices, vegetables, oats, honey, maple syrup, agave etc.

**Banana Split Smoothie**

* ½ banana
* ½ cup strawberries, sliced
* ½ cup pineapple, sliced
* 1 tsp cocoa powder
* ½ cup milk
* ¼ cup plain or vanilla Greek yogurt

\*can substitute chocolate milk and eliminate cocoa powder… but we love the less sweet, antioxidant-packed version.

**Berry Banana Blast Smoothie**

* ½ banana
* 1 cup blueberries
* ½ cup orange juice
* ¼ cup plain or vanilla Greek yogurt

**Chocolate and Oats**

* 3/4 cup (175 mL) skim milk
* 1 tsp (5 mL) vanilla extract
* 1/2 cup (125 mL) plain low-fat yogurt
* 1/4 cup (60 mL) quick-cook oats
* 1 Tbsp (15 mL) ground flaxseed
* 1 tsp (5 mL) unsweetened cocoa powder
* Dash ground cinnamon or cardamom
* 1 small banana, preferably frozen (Best Health Magazine, 2013)

**Green Monster Smoothie (Trust us on this one!)**

* ½ banana
* 1 tbsp peanut butter or almond butter
* 1 cup milk
* 2 cups spinach

**Kiwi and Kale**

* 1 1/2 cups (375 mL) skim milk
* 2 cups (500 mL) kale stems and leaves
* 1 kiwi fruit, peeled
* 1 Tbsp (15 mL) smooth unsalted peanut butter
* 1 tsp (5 mL) agave nectar, honey or maple syrup (Best Health Magazine, 2013)

**Banana Cream Pie Smoothie**

* 1 cup sliced ripe banana (about 1 large) - frozen
* 1 cup vanilla low-fat yogurt
* 1/2 cup 1% low-fat milk
* 2 tablespoons whole wheat graham cracker crumbs (about 1/2 cookie sheet)
* 1 tablespoon nonfat skim milk powder or whey protein
* 1/2 teaspoon vanilla extract
* 3 ice cubes (about 1/4 cup)
* Graham cracker crumbs (sprinkled on top) (Maureen Callahan, Cooking Light, 2006)

**Banana Walnut**

* 2 cups (500 mL) skim milk
* 1 large banana
* 1 Tbsp (15 mL) honey
* 1/4 tsp (1 mL) vanilla extract
* Handful walnut pieces (or 7 halves) (Best Health Magazine, 2013)

**Avocado and Blueberry Smoothie**

Bottom layer:

* 1 ripe avocado, peeled and pit removed
* 1 cup (250 mL) low-fat plain yogurt
* Juice from 1/2 lime
* 3 Tbsp (45 mL) honey

Top layer:

* 1 1/3 cup (325 mL) wild blueberries, frozen
* 1/4 cup (60 mL) almond butter (or smooth peanut butter)
* 1 cup (250 mL) low-fat plain yogurt
* 1/3 cup (75 mL) 1% milk

(Best Health Magazine, 2010)

Instructions

1. Bottom Layer: Blend the bottom layer ingredients and divide equally among four glasses. Set aside while making top layer.
2. Top layer: Blend the top layer ingredients and pour over the bottom layer.

**Pear and Banana**

* 2 ripe pears, pitted and coarsely chopped
* 1 tsp (5 mL) peeled and coarsely chopped ginger root
* 1 banana
* 1 cup (250 mL) skim milk
* Handful of ice
* Sprinkle of cinnamon on top (Best Heath Magazine, 2011)

**Citrus Fruit and Almond**

* 1 orange, peeled and chopped, seeds removed
* 1 lemon, peeled and chopped, seeds removed
* 4 spinach leaves
* 2 carrots, peeled and chopped (or grated)
* 1 1/2 cup (375 mL) almond milk
* 1 peach, peeled and chopped (Best Health Magazine, 2010)

**Spinach and Strawberry**

* 1/2 cup (125 mL) low-fat vanilla yogurt
* 2 cups (500 mL) water
* 1 medium banana
* 1 cup (250 mL) sliced strawberries
* 2 cups (500 mL) chopped fresh spinach, lightly packed
* Honey or maple syrup to taste (optional) (Gosouthfresh.com)

**Chocolate Almond Smoothie**

* 1 banana
* 2 fresh or soaked dried dates
* 2 cups cold water (or 1 1/2 cups cold water plus 1 cup ice)
* 1/4 cup almonds (or 2 tbsp raw almond butter)
* 1 tbsp ground flaxseed or chia seeds
* 1 tbsp hemp protein
* 1 tbsp roasted carob powder (or cacao nibs to make smoothie 100% raw) – can use cocoa powder instead (Brendan Brazier)

**Berry Protein Smoothie**

* ½ cup water
* ½ cup blueberries
* 1.5 cups of red grapes
* 2 scoops of protein powder (vanilla or plain)
* 1 tsp chia, ground flax, or hemp seeds (optional)
* 1 tsp omega-3 oil
* ¼ tsp of vanilla if using plain protein powder

A website with some more ideas – note sorry for the advertising but they are good ideas http://greatist.com/eat/high-protein-smoothie-recipes