**BLUEBERRY HONEY**

**PRE-WORKOUT SMOOTHIE**

**Ingredients**

3 c. blueberries (fresh or frozen)

3 c. strawberry yogurt

2 Tbsp. + 2 tsp. honey

12 ice cubes

**Directions**

1. Combine all ingredients into the blender and mix on high until combined.
2. Serve cold

Serves 4

**BANANA-ALMOND PROTEIN SMOOTHIE**

**RECOVERY SMOOTHIE**

**Ingredients**

4 scoop whey protein

4 banana

4 Tbsp. almond butter (can use peanut butter as substitute)

3 c. milk

12 ice cubes

**Directions**

1. Combine all ingredients into the blender and mix on high for 30 seconds.
2. Serve cold.

Serves 4

**MINTY-CHIA GREEN SMOOTHIE**

**NUTRIENT-DENSE SMOOTHIE**

**Ingredients**

4 tsp. chia seeds (can use flax seed as substitute)

2 Tbsp. water

4 green apple, core removed

40 fresh mint leaves

4 Large handful of baby spinach or kale

2 c. fresh apple juice

12 ice cubes

Directions

1. Combine chia seeds with the water and soak for a few hours or overnight in the fridge.
2. Add rest of ingredients plus the chia seed mixture to a blender and mix on high until combined.

Serves 4