

Smoothies, A Great Start to the Day!

On Saturday, we had some questions about what to do for breakfast. We will be having a nutrition clinic in a few weeks, but in the meantime, here are some smoothie recipes you might want to try. They are a great way to get all your required nutrients in before a workout.

Recipe # 1:

1 cup milk (regular or soy)

1 banana

1 scoop of protein powder (whey or soy, flavored or plain)

½ cup of berries (your choice)

4 ice cubes

1 tablespoon of PB if desired

Recipe #2

1 cup milk (regular or soy)

1 cup of cooked instant oatmeal

1 scoop of protein powder (whey or soy, flavored or plain)

½ cup of berries (your choice)

4 ice cubes

1 tablespoon of PB if desired

Experiment with different fruits to see what is tasty for you. I personally like frozen dark cherries (natural anti-inflammatory, too).

I make my smoothies the night before, so they are ready to go in the morning. Just give 'em a quick blend and enjoy!