



# Chocolate PB Banana Smoothie



Ingredients:

- 1 cup milk of choice
- 1 tablespoon creamy peanut butter
- 1 frozen banana
- 1 scoop chocolate protein powder
- ice to desired consistency



Add all ingredients to blender and blend until thoroughly combined

Makes 1 smoothie

**Nutrition facts:**

400 calories, 40g carbs, 33g protein



# Dark Chocolate Peppermint Smoothie



Ingredients:

1 frozen banana

2-3 ice cubes

1 cup cow's milk (or dairy alternative)

1 scoop chocolate protein powder

2 tablespoons cocoa powder

1/4 teaspoon peppermint extract

pinch of sea salt, if desired



Add all ingredients to blender and blend until thoroughly combined

Makes 1 smoothie

## **Nutrition facts:**

330 calories, 45.9g carbs, 30.1g protein



# Pomegranate Smoothie



Ingredients:

1/2 cup frozen raspberries

2 cups frozen blueberries

1/2 cup carrot juice

1 cup pomegranate juice

3 cups spinach

2 scoops vanilla protein powder

1-2 cups water for consistency



Add all ingredients to blender and blend until thoroughly combined

**Makes 2 24oz smoothies**

**Nutrition facts:**

300 calories, 45g carbs, 28g protein



# Strawberry Banana Smoothie



Ingredients:

1 banana

1/2 cup frozen strawberries

1 container (5.3oz) vanilla greek yogurt

8oz 1% cow's milk (or milk of choice)

Ice as needed for desired consistency



Add all ingredients to blender and blend until thoroughly combined

Makes 1 smoothie

Nutrition facts:

350 calories, 60g carbs, 25g protein



# Tritons' Kitchen: Strawberry Lemonade Slushy



## Ingredients (2 servings)

- 2 cups frozen strawberries
- 1/2-1 cup water
- 1 whole lemon, cut into quarters
- 2 tbsp honey
- optional: sprinkle of salt

## Directions

1. Place all ingredients in a blender, blend until smooth. Start with 1/2 cup of water and add more as needed.
2. Add additional honey for more sweetness if too tart.
3. Enjoy!



image by plantily via <https://www.plantily.com/strawberry-lemonade-slushie/>

## Double Punch of Vitamin C

Strawberries and lemons are both great food sources of vitamin C. Vitamin C is important for overall health as a strong antioxidant and key nutrient in many important physiological functions such as immune health, wound healing, and tissue repair. Including the whole lemon (peel also!) adds some more fiber to this slushy to support gut and digestive health.

Adding a little bit of salt helps turn this fruit slushy into an electrolyte slushy that can help with hydration during these hot summer days. When the weather is hot, sweat losses increase and the body can lose a lot of sodium - including sodium in foods/drinks consumed after exercise is important to replace losses and to help the body with fluid replenishment.



# Tart Cherry Smoothie



Reduces muscle soreness & enhances sleep



## Ingredients:

- 1 oz tart cherry concentrate
- 8 oz vanilla soy milk
- 1/3 cup vanilla Greek yogurt
- 1 Tbsp almond butter
- 1/2 frozen banana
- 3/4 cup frozen cherries

## Nutrition Facts:

- 480 calories
- 68 g carbohydrates
- 20 g protein
- 14 g healthy fat

## Benefits of Tart Cherry Juice / Concentrate

- Reduces muscle damage and soreness
- Reduces inflammation
- Promotes restful sleep
- Improves recovery





# Pre-workout Tropical Smoothie

- ☑ Ingredients:
  - 1 cup orange juice
  - 1 small frozen banana
  - 1/3 cup frozen peaches
  - 1/3 cup frozen pineapple
  - 1 scoop of \*NSF-for-sport\* vanilla protein powder
  - ice or more liquid to desired consistency
- ☑ Add all ingredients to blender and blend until thoroughly combined; Makes 1 smoothie

## **Nutrition profile:**

High in simple carbs, low in volume, perfect for pre-workout!