

POWER BOOSTING SMOOTHIES

Tropical Elixir

The pineapple in this drink acts to reduce inflammation in the muscles caused by exercise.

- 1 cup fresh pineapple pieces
- 1 cup vanilla nonfat yogurt
- ½ cup lowfat coconut milk
- 3 tablespoons protein powder
- 1 tablespoon brewer's yeast

my version

- 1 cup frozen pineapple
- 1 cup almond or rice milk
- 2 tbs ground flax
- 1 banana
- 1 scoop vegan protein

Chocolate Peanut Butter Heaven

The peanut butter and flaxseed are sources of heart-healthy fat, calories, and fiber.

- 1 cup whole soy milk
- 1 cup vanilla nonfat frozen yogurt
- 2 tablespoons chocolate sauce or cocoa powder
- 2 tablespoons vanilla protein powder
- 2 tablespoons flaxseed powder
- 2 tablespoons natural-style peanut butter

my version

- 1 cup soy milk (organic)
- 1 banana
- 2 tbs flax
- 2 tbs cocoa
- 1 scoop protein
- 2 tbs natural peanut butter

The Works Shake

The name says it all! This drink provides everything an athlete needs to build and maintain lean tissue mass.

- 1 cup whole soy milk
- 1 frozen banana, cut into pieces
- ½ cup orange juice concentrate
- 3 tablespoons protein powder
- 1 tablespoon flaxseed oil
- 1 tablespoon lecithin granules
- 1 tablespoon brewer's yeast
- 500 mg calcium as a liquid
- 1 to 3 grams creatine powder (see label for dosage recommendation)

my version

- 1 cup soy milk (organic)
- 1 frozen banana
- 1 cup frozen berries
- 1 scoop protein powder
- 2 tbs ground flax
- 1 cup frozen kale (or spinach)

Joe's Marathon

Raspberries are one of the richest sources of salicylates, nature's aspirin. They can help to reduce inflammation and pain following exercise. The banana replaces lost potassium, and the orange juice refuels the muscles with glucose.

- 1 cup frozen raspberries
- 1 cup rice milk
- ½ frozen banana, cut into pieces
- 2 tablespoons orange juice concentrate

my version

- 1 cup frozen berries
- 1 cup rice milk
- 1 frozen banana
- 1 cup frozen kale or spinach

Super Hero

This smoothie is a great base for supplements. The frozen strawberries hide the often gritty texture of some protein products, and the lecithin keeps oils emulsified.

1 cup whole soy milk
½ cup orange juice concentrate
1 cup frozen strawberries
1 tablespoon lecithin granules

1 cup soy (organic)
1 frozen banana
2 tbs ground flax
1 cup frozen berries

Pina Colada

This is a smooth-tasting recovery drink. Fresh pineapple is a source of bromelain, which reduces inflammation, and potassium, an electrolyte lost during exercise.

1 ½ cups fresh pineapple juice
1/3 cup lowfat coconut milk
½ cup frozen pineapple chunks
1 tablespoon lecithin granules

my version

1 cup pineapple juice
1 cup coconut water
1 cup frozen pineapple
2 tbs ground flax

POWER BOOSTING SMOOTHIES

Tropical Elixir

The pineapple in this drink acts to reduce inflammation in the muscles caused by exercise.

- 1 cup fresh pineapple pieces
- 1 cup vanilla nonfat yogurt
- $\frac{1}{2}$ cup lowfat coconut milk
- 3 tablespoons protein powder
- 1 tablespoon brewer's yeast

Chocolate Peanut Butter Heaven

The peanut butter and flaxseed are sources of heart-healthy fat, calories, and fiber.

- 1 cup whole soy milk
- 1 cup vanilla nonfat frozen yogurt
- 2 tablespoons chocolate sauce or cocoa powder
- 2 tablespoons vanilla protein powder
- 2 tablespoons flaxseed powder
- 2 tablespoons natural-style peanut butter

The Works Shake

The name says it all! This drink provides everything an athlete needs to build and maintain lean tissue mass.

- 1 cup whole soy milk
- 1 frozen banana, cut into pieces
- $\frac{1}{2}$ cup orange juice concentrate
- 3 tablespoons protein powder
- 1 tablespoon flaxseed oil
- 1 tablespoon lecithin granules
- 1 tablespoon brewer's yeast
- 500 mg calcium as a liquid
- 1 to 3 grams creatine powder (see label for dosage recommendation)

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- 1 cup frozen raspberries
- 1 cup rice milk
- $\frac{1}{2}$ frozen banana, cut into pieces
- 2 tablespoons orange juice concentrate

Super Hero

This smoothie is a great base for supplements. The frozen strawberries hide the often gritty texture of some protein products, and the lecithin keeps oils emulsified.

- 1 cup whole soy milk
- $\frac{1}{2}$ cup orange juice concentrate
- 1 cup frozen strawberries
- 1 tablespoon lecithin granules

Pina Colada

This is a smooth-tasting recovery drink. Fresh pineapple is a source of bromelain, which reduces inflammation, and potassium, an electrolyte lost during exercise.

- 1 $\frac{1}{2}$ cups fresh pineapple juice
- $\frac{1}{3}$ cup lowfat coconut milk
- $\frac{1}{2}$ cup frozen pineapple chunks
- 1 tablespoon lecithin granules