

## PROTEIN SMOOTHIES

These protein smoothies can be used as a recovery drink after training/match, a snack or a pre-bedtime drink. If you are in a rush in the morning and don't get time to eat breakfast than these smoothies are an ideal meal replacement.

**INSTRUCTIONS:** Combine ingredients in a blender and mix for 30-60 seconds.

### BREAKFAST SMOOTHIE

- 1 small ripe banana
- handful of blackberries, blueberries, raspberries or strawberries (or use a mix)
- 2 tbsp Greek yogurt
- 100 ml Almond Milk
- 1 Scoop of Whey Protein (Vanilla/Strawberry)
- 1 tbsp Agave Syrup



### BANANA, HONEY & HAZLENUT SMOOTHIE

- 1 peeled, sliced banana
- 250 ml soya milk
- 2 tbsp Greek yogurt
- 1 Scoop of Whey Protein (Vanilla or Chocolate)
- 1 tsp honey
- a little grated nutmeg
- 2 tsp chopped hazelnuts



### BANANA COCOA SMOOTHIE

- 200 ml almond milk
- 1 tsp instant coffee
- 2 tbsp plain Greek yogurt
- 1 tablespoon almond butter
- 2 teaspoons cocoa/chocolate powder
- ¼ teaspoon cinnamon
- 1 peeled banana
- 1 Scoop of Whey Protein (Vanilla/Chocolate)



### I LOVE STRAWBERRIES MILKSHAKE SMOOTHIE

- 200 ml milk
- 2 tbsp Strawberry Nesquik
- 2 tbsp Greek natural yogurt
- 1/2 teaspoon vanilla extract
- 1 Scoop of Whey Protein (Vanilla/Strawberry)
- Large Handful of Fresh strawberries

