

GREEN RECOVERY SMOOTHIE

Bananas are rich in the electrolytes Sodium and Potassium (which you lose when you sweat). Together with the proteins in the Red8 Protein powder and nut butter, they are the perfect ingredients in a recovery drink.

Chia seeds are a good source of Omega-3 fatty acids, excellent source of fiber and rich in antioxidants.

Ingredients:

- 1 ripe banana (or frozen)
- 1/2 cup blueberries (fresh or frozen)
- 1 cup coconut water
- 2 tablespoons Dairy Collective coconuts yoghurt
- 2 Tbsp Red 8 Whey protein powder
- 1 Tbsp Almond Butter
- 2 cubes of frozen spinach
- 1 tablespoon of chia seeds

Place all the ingredients in the blender, turn it on and voila! You have a yummy Green Smoothie made for 2. Don't forget your straws!

RED8 Pure Whey Protein Concentrate 1kg is available in THREE great flavours in convenient ziplock bags for **only \$55 per 1kg.**

NO artificial flavours or Artificial sweeteners, just 100% pure Whey Protein Concentrate sweetened with natural Stevia.

