



Spinach Blueberry Smoothie

When: Post-workout

Why: This smoothie is loaded with antioxidants and protein to help your muscles recover, repair and re-fuel from oxidative stress caused during exercise.

Ingredients:

- 1/2 cup frozen blueberries
- 1 scoop whey protein powder
- 1/2 cup almond milk
- 1/2 cup fresh spinach
- 1 banana
- 1 teaspoon flax seed meal

Directions:

Blend all ingredients in a blender until smooth.

