

MAVERICKS SMOOTHIE

There are two ways to make this smoothie. One is that you can make it exactly as I have explained below which is great for breakfast or split in half for your morning and afternoon snack. If you want this to be a perfect recovery smoothie for after a long run, ride or ski, then you must omit the protein powder in order to achieve the optimum 4:1 ratio of carbs to protein for recovery.

Ingredients:

- 3 stalks kale (destemmed)
- 1 cup almond milk
- 3 ice cubes
- 1 tbsp chia seeds
- 1 tbsp nut butter (I use SunButter)
- 1 frozen banana
- 1 scoop protein powder

Instructions:

Blend using a high speed blender. Enjoy!

