

Antioxidant Sports Smoothie

Recipe recommended by Ian Craig, Founder Centre for Integrative Sports Nutrition
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	328 kj	4%
Energy (kcal)	78 kcal	4%
Fat	0.8g	1%
of which saturates	0.4g	2%
Carbohydrate	10g	4%
of which sugars	9.6g	11%
Fibre	2.5g	10%
Protein	5.9g	12%
Salt	0.05g	1%

Generated by Nutritics v5.61 on 22/02/2022

INGREDIENTS: (Serves 1 - 287 kcal per 368ml serving)

1 banana

50 ml natural organic whole yoghurt or 50ml kefir **MILK**

50 ml freshly squeezed fruit juice (alternatives incl. grape, berry, apple)

140g fresh or frozen berries (especially wild-gathered, such as brambles/blackberries)

20g plain grass-fed organic whey protein powder (**MILK**) (alternative options incl. egg, hemp, brown rice, or pea powder)

1 tbsp baobab powder – (alternative options incl. camu camu, mesquite)

Ingredient List: Mixed Berries (38.1%), Bananas (27.2%), Kefir (13.6%) (**MILK**), Freshly Squeezed Orange Juice (13.6%), Whey Protein (5.4%) (**MILK**), Baobab Fruit Powder (2%)

METHOD:

1. Blend all ingredients together and drink immediately.
2. If preparing ahead of a training session, ensure to store in an airtight container / flask to avoid oxygenation and spoiling of the antioxidant properties.

ALLERGENS



MILK

MODIFY

Switch kefir or yoghurt and whey powder for non-dairy alternatives in case of intolerance / allergy

CREDIT

Recipe by: Ian Craig
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