



## SMOOTHIES

Ever get lost in a health food store marveling at all the claims you see on the bottles when all you want is to bump the protein up on your recovery shake? A great and safe alternative to all of the protein supplements and powders out there is to simply add non-fat dried milk to your smoothie. 1/3 cup of non-fat dried milk will add about 10g of protein to your shake...and costs pennies per serving. Dairy contains both whey (fast absorbed) and casein (slowly absorbed) proteins not to mention all essential amino acids to help maximize your recovery. Keep it simple with proper nutrition and make sure to get those carbs and proteins within 30 minutes of finishing your training.

### Simple Recovery Smoothie

1 cup	Low-fat Plain Yogurt
1 cup	Berries (frozen or fresh)
½ cup	100% Juice (get creative and use juice blends)
1 cup	1% milk
1/3 cup	Non-fat dried milk

Throw in the blender and enjoy! Makes 2-12oz servings (and it costs about 35 cents per serving).

12oz= 225 calories/ 2g fat / 35g carbs / 15g protein

To see Adam at work making the smoothie, click here:

<http://www.dartfish.tv/Player.aspx?CR=p1490c13640m51475&CL=1>