

Age NI Good Vibrations

Video Six Recipe Sheet: 'Fitness Foods' Recovery Smoothie

Nutrition and exercise are essential ingredients for well-being. The right food choices can help you get the most out of your exercise and fuel recovery.



Ingredients

- 1/2 banana
- 4 dsp blueberries
- 2 dsp natural yoghurt
- 150 ml milk of your choice
- 1 tsp cocoa or cacao powder
- 1/2 tsp ground cinnamon

Method

1. Pop everything into your blender and blitz until smooth.

