

Smoothie Power

Why are smoothies good for recovery?

We know that eating in stages is best for recovery, but *eating* soon after an intense training session or competition can be difficult for some people - drinking is often much easier. Smoothies offer a wonderful combination - a refreshing, thirst quenching drink (*hydration*) blended with fruit (*carbohydrate, vitamins & minerals*), and milk, yogurt, or protein powder (*protein, vitamins & minerals*) to help repair damaged tissue and replenish energy stores. Smoothies are easy to make, they taste great, and they are really good for you! If you are headed home directly after your training session or if you have access to a blender in your locker room, consider the following smoothie recipes. Remember that while protein is important, carbohydrate is key...10-20g of protein should do the trick.

When to drink smoothies...

- ✓ As soon after training/competition as possible - your 1st stage of recovery.
- ✓ Breakfast (as part of a balanced meal)
- ✓ As a drink with meals (if you are trying to put on weight)
- ✓ An after school or after dinner snack
- ✓ Pre-game / training snack > 1 hr before
- ✓ Pre-game meal - especially if nerves keep you from eating solid food on competition day

What about adding protein powder?

- ✓ Whether or not you add protein powder should depend on what you put in your smoothie. Remember that your goal is carbohydrate + protein. If you make a milk & yogurt based smoothie, you are likely getting enough protein, so additional powder is not necessary, nor would it be better. If your smoothie is fruit & juice based, then a whey protein powder with ~20g of protein will be a great addition.
- ✓ If you are considering a protein-drink for weight gain, exhaust food possibilities before reaching for expensive products. In many cases a glass of milk, a smoothie instead of juice, or an additional egg with breakfast will do the trick and take less of a dent out of your wallet.
- ✓ Consider sport nutrition products (bars, gels & sport drinks) as your recovery convenience foods when whole foods are not available

Milk-Based Smoothie Recipe:

Ingredients:

- 1 cup 1%, skim, or soy milk
- 3/4 cup frozen berries
- 1 banana
- 1/2 cup vanilla yogurt
- *Optional:* ~20g Whey Protein Powder (Vanilla)

What you Get...

- Without Whey: 300 calories; 58g carbohydrate; 14g protein
- With Whey: 360 calories; 59g carbohydrate; 25g protein
- Vitamins A, C, D potassium, calcium, sodium, iron

Variations:

- ✓ Try using 3/4 cup chocolate milk and 1/4 cup regular milk for a yummy treat!
- ✓ Skip the berries and add 1 Tablespoon natural peanut butter & 1 teaspoon honey
- ✓ For a dessert smoothie, use 1/2 cup vanilla ice cream in place of yogurt

Fruit Based Smoothie Recipe:

Ingredients:

- 1 cup juice (i.e. orange juice, apple juice, pomegranate juice etc.)
- 3/4 cup frozen berries
- 1 banana
- 1/2 cup applesauce
- 1 scoop (~20g) Whey Protein Powder

What you Get...

- 420 calories; 75g carbohydrate; 26g protein
- Vitamins A, C, potassium, calcium, sodium, iron

Variations:

- ✓ Add 1/4 cup oats for added carbohydrate, fiber, and B-vitamins
- ✓ Use fresh instead of frozen fruit; add 1/4 cup ice
- ✓ For a creamier smoothie, use vanilla yogurt instead of applesauce

