



GET YOUR GAME ON GREEN SMOOTHIE

(Serving size: 1 glass)

Protein rich fruit and vegetable smoothies provide an easily bioavailable source of performance enhancing nutrients: protein, electrolytes, B vitamins for energy and magnesium to support energy production in the mitochondria. The leafy greens and spirulina are also great alkalising agents which sets you up for shorter recovery periods before you've even left the starting blocks. The inclusion of maca powder further supports adrenal function, helping you handle the pressure of the race.

Ingredients

- 2 handfuls baby spinach leaves
- 300ml coconut water
- 1 ½ cups fresh pineapple, cut into chunks
- 1 tsp coconut oil
- 1 scoop whey protein powder
- ½ tsp cinnamon
- Manuka honey to taste
- 1 tsp maca powder (optional)
- 1 scoop spirulina powder (optional)

Method

Blend together and serve in a tall glass