



## RED AMBULANCE RECOVERY SHAKE

*(Serving size: 1 glass)*

Packed full of antioxidants this alkalising shake is a great way to support muscle recovery. The turmeric provides additional anti-inflammatory support to reduce recovery times and have you back in training in no time at all

### Ingredients

- 1/3 can coconut milk
- 100ml coconut water or plain water
- 1 banana
- 1 scoop whey protein powder
- ½ cup frozen berries
- 1 handful cos or romaine lettuce leaves (not iceberg as this is the lowest in nutritional value)
- 1-2 tsp Manuka Honey
- 1 tsp cinnamon
- 1 tsp turmeric

### Method

Place everything in a blender and process until smooth and creamy.  
Adjust the amount of coconut water or water to get the desired consistency.