



SCOTTISH INSTITUTE
OF SPORT

Optimise Your Recovery ...Try a Smoothie



For the following; put all ingredients into a blender, blend until frothy, & drink immediately.

Any fruit smoothie

250ml (1 cup) skim milk
200g carton low fat vanilla yoghurt
2 tablespoon skim milk powder (optional)
2 tablespoon wheat germ (optional)

Any one of the following fruit portions;

1 large ripe banana
½ cup strawberries
1 peeled large peach
1 peeled small mango

1 glass: 217kcal, 36g carbohydrate, 16g protein, 1g fat

Peach Mango thick shake

250ml (1cup) skim milk
1 scoop low fat ice cream
200g carton low fat mango yoghurt
½ cup sliced peaches in natural juice, drained

1 glass: 160kcal, 28g carbohydrate, 10g protein, 2g fat

Tropical fruit freezy

250ml (a cup) tropical fruit juice
200g carton low fat mango yoghurt
1 large ripe banana
4 ice cubes (optional)

1 glass: 184kcal, 38g carbohydrate, 6g protein, 1g fat

Frothy Banana Shake

2 small bananas, peeled
600ml (1pt) skimmed milk
50g (2oz) glucose powder
Freshly ground nutmeg (optional)

Prep time; 2-3minutes, makes 2 glasses

1 glass: 290kcal, carbohydrate 64g, protein 11g, fat 1g

Tropical Smoothie

¼ cup coconut milk
¼ cup crushed pineapple in natural juice
1 tablespoon honey
1 banana
1 cup skim or low fat milk
¼ cup mango or peaches in natural juice (optional)

Orange & Banana Smoothie

2 large ripe bananas, chopped
juice of 4 oranges or 400ml orange juice
juice of 1 lime or 2 tbsps lime juice
150ml low fat natural yoghurt

Prep time: 10 minutes

1. Place the chopped bananas in blender with little orange & lime juice & blend until smooth.
2. Gradually add the remaining orange & lime juice & yoghurt & continue mixing.
3. Pour into 2 glasses & serve immediately

1 glass: 285kcal, carbohydrate 64g, protein 7g, fat 1g

Fruit Smoothie

1 cup skim or low fat milk
¼ cup low fat vanilla yoghurt
1 tblsp skim milk powder
1 tblsp honey
4 ice cubes

FRUIT:

1 ripe banana; or
½ cup tinned fruit in natural juice (e.g. peaches, apricots); or
1 peeled & sliced peach & 2 chopped apricots; or
½ mango, peeled & chopped

Place milk, yoghurt, milk powder, honey, ice cubes & chosen fruit into blender/food processor & process until smooth. Serve immediately.

Tip: if you have bananas or any fruit starting to go 'mushy', peel it, wrap in a plastic bag & freeze. Use the fruit next time to make yourself a delicious smoothie.