



Greek Yogurt Smoothie - Recovery

It is important to “Refuel, Repair & Rehydrate” the body with food to aid recovery after a training session (ideally within 60 minutes). Many people lose their appetite after high intensity exercise and struggle to eat solids so a liquid drink such as a smoothie is a good way to recover. A combination of milk and Greek yogurt provides protein to support muscles; the berries and honey supply quick acting carbohydrates to replenish glycogen stores and the fluid helps to rehydrate the body after sweating. Benefits: Improve recovery from gym session.

Serves: 1, Prep time: 00:02, Cook time: 00:00

Instructions

Simply blend all of the ingredients together.

For a FREE recipe book click [here](#) [Chili Tri](#)

Ingredients

- 300 milliliters Yoghurt, Greek style, full-fat (10 oz (U.S.))
- 1 tablespoon Honey
- 100 grams Strawberries (3.5 oz)
- 1 pinch or to taste Milk, cow, standard 3.3% fat, fluid, Splash to top up