



Post Workout Drink: Muscle Growth - Recovery

Protein is crucial for rebuilding muscles bigger and stronger after a weights workout. If you blitz up the right foods, protein powder isn't necessary. Instead, use natural sources of protein such as nut butter, raw cashews, Greek yoghurt and chia seeds for a filling and satisfying boost. The most important thing is timing: make sure you get your protein hit two hours post-workout to aid muscle recovery. You can make this with dairy free products if you are following a vegan diet.

Serves: 1, Prep time: 00:05, Cook time: -

Instructions

Add ingredients in to a blender and whizz up and enjoy!

It's best to enjoy with 20 mins of your session so your body can absorb the protein and start repairing and growing your muscles.

Chia Seeds: According to the American Society for Nutrition, chia seeds provide insoluble fibre which helps keep you fuller longer and bulks up stool to prevent constipation. They also deliver healthy fats, protein, and cell-protecting antioxidants. Chia seeds are a good source of minerals, such as calcium.

Cinnamon - great anti inflammatory.

Ingredients

- 1 Banana, yellow
- 150 grams Yoghurt, Greek style, full-fat (5.5 oz)
- 100 milliliters Milk, cow, standard 3.3% fat, fluid (3.5 oz (U.S.))
- 1 tablespoon Peanut butter
- 1 tablespoon Chia Seeds
- 0.5 teaspoon Cinnamon, Ground

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