



RE ENERGISING SWEET STRAWBERRY SMOOTHIE

recipe by kate elizabeth

Need a little recovery boost after a pilates session, or a pre-session motivation, this smoothie has you covered. Packed with fruit and antioxidants, your body should feel re-energised after drinking it. You could also have it as a light breakfast substitution on some days, as part of a healthy diet.

Ingredients:

Serves 1

- 6 strawberries (fresh or frozen)
- 1/2 a banana
- 1/2 tsp cinnamon
- 1 tbsp oats
- 1/2 tbsp almond butter
- 1 tbsp greek yoghurt
- 200ml milk of choice (Soya milk works well)
- 2 tsp maple syrup
- 1/2 tsp maca powder - optional
- handful spinach leaves* - optional

**adding spinach will naturally enhance the fibre and vitamins/antioxidants in your smoothie without compromising the taste, but it will change the colour of the smoothie into a grey/green colour so be prepared!*



Method:

1. Put all the ingredients into a blender (add the milk last) and blend until smooth. If the smoothie is too thick, add a little more milk until it becomes your desired consistency.
2. Pour into your chosen glass and sip away!

