Sharecare

Two Post-Workout Smoothies to Boost Your Workout

For immune-boosting antioxidants and extra nutrition after your workout, try one of these smoothies to fill you up!

Antioxidant-Rich Berry Smoothie

Blend It Up

1 cup raw blueberries

½ banana

1 cup chopped raw kale

½ cup unsweetened almond milk

1 oz pea protein powder

Nutrition

Per serving: 268 calories; 2.4g fat; 57.2g carbohydrate; 10.4g protein



Good-For-Your Gut Green Smoothie

Blend It Up

½ banana

1 orange, peeled

1 cup chopped kale

1/4 cup water

1 cup ice cubes

Nutrition

Per serving: 115 calories; 1g fat; 40g carbohydrate; 4.8g protein



To learn more helpful tips about maintaining a healthy lifestyle, visit carefirst.com/sharecare.

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