



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
- ¼ cup water
- 1 cup ice cubes

Nutrition

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



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