

# RECOVERY SMOOTHIES WITH COMPLETE BY JUICE PLUS+

by Sara Lovelady

Warmer weather is here and it's staying light outside longer. That's great motivation to work out more, especially if you like to exercise outside. One thing that happens when you exercise in warm weather is that you perspire, or if you prefer... glow. That's a sign your body is working hard, and your natural cooling system has kicked in. It's also a cue that you need to replenish the fluid you've lost through sweat.

No need to reach for a sugary sports drink, though! For most people engaged in mild to moderate exercise, water is just fine. If you're working out for an extended period (an hour or more), or if the weather is hot, you may also need to replenish minerals such as calcium, magnesium, potassium, sodium, and zinc, as well as water-soluble vitamins such as vitamin C or the B vitamins.[1] This is when recovery smoothies come to the rescue!

## How to Make a Recovery Smoothie

Recovery smoothies have everything you need to get back on your feet fast. Here's the basic blueprint: Combine a healthy mix of carbohydrates for energy and protein to rebuild muscle (A 4:1 ratio is ideal). Add antioxidants — especially vitamin C — to help compensate for the temporary dip in your immune strength after intense exercise.[2] Voila! Recovery smoothie.

You know what has a great mixture of carbs, protein, and antioxidants? Complete by Juice Plus+! It contains:

- **Healthy carbs in the form of vegetable sprouts and ancient grains**
- **13 grams of vegan protein from soy, chickpeas, peas and rice**
- **Antioxidants from fruit and vegetable powders**
- **40% of the daily value (DV) for vitamin C and five key B vitamins**

Not to mention, Complete by Juice Plus+ also packs 8 grams of fiber and 45% of the DV for calcium!

In this recipe, Complete by Juice Plus+ and Greek yogurt provide the protein, the banana acts as the healthy carb, and the strawberries are packed with antioxidants including vitamin C, with over twice the DV in a cup and a half.[3],[4] The combination of healthy nutrition plus delicious taste makes it the perfect post-workout treat!

### **Chocolate-Covered Strawberry Smoothie**

- **3 ounces plain Greek yogurt or non-dairy yogurt**
- **1 banana**
- **1 ½ cups strawberries**
- **1 cup milk or your favorite non-dairy milk**
- **½ cup water**
- **1 scoop Complete by Juice Plus+ Dutch Chocolate shake mix**

Combine all ingredients in the blender. Enjoy within a half hour of exercise.

### **References**

[1] <https://blog.cytoplan.co.uk/vitamin-and-mineral-loss-in-hot-weather-and-when-exercising/>

[2] <https://www.popsugar.com/fitness/Post-Run-Smoothie-Recipe-31417765>

[3] <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1846/2>

[4] <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2064/2>