



## Yvette's Fav Post Workout Chocoholic Smoothie

1 serving

5 minutes

### Ingredients

1 cup Unsweetened Almond Milk (or substitute coconut, rice or soy milk)  
1 tbsp Cacao Powder  
1/2 cup Chocolate Protein Powder (1/4 cup = 1 scoop)  
1 Banana  
1/2 cup Coconut Water (optional)

### Nutrition

Amount per serving	
Calories	362
Fat	6g
Saturated	1g
Carbs	38g
Fiber	9g
Sugar	18g
Protein	42g
Cholesterol	8mg
Sodium	365mg

### Directions

- 1 Add all ingredients together in a blender, blend until smooth

### Notes

**NZ Whey Isolate Protein Powder:** The gold standard for optimal protein synthesis in the body - that means the most perfectly fitted building blocks of muscle your body needs to repair and regrow.

**How Much Protein?:** I use two scoops because of my age & stage of life (post-menopausal). Research on athletes in peri & post-menopause shows that we have less anabolic responses to our training, and we lose lean muscle as we age and our hormone status is reduced. Studies show that supplementing with 40 grams of quality complete protein post-training helps to boost anabolic responses (aka muscle repair and growth). Need guidance determining your protein or other nutritional needs based on your physiology? Get in touch!

**Why Cocoa Powder?:** Because it's rich in magnesium, considered the anti-stress mineral that helps my muscles and my adrenal glands respond to the stressors I just imposed on my body. It's also a source of anti-oxidants that will regulate inflammatory processes and support recovery.

**Why Banana?:** Carbs carbs carbs! This will promote an insulin response just when I need it most, and that insulin shuttle bus that's picking up the sugar and delivering them to the muscles to replenish, will also pick up some other passengers on the way - the protein! WIN WIN

**Why Coconut Water?:** It's nature's best source of electrolytes to replenish what I lost in a longer duration, high intensity training session.