



IMG ACADEMY

Tropical Protein Smoothie

Protein smoothies can be a great way to refuel, rebuild, and rehydrate your muscles after a long training session. These can be especially helpful in those hot summer months when a warm meal doesn't sound appealing after an exhausting workout. Make sure to choose a protein powder with a Nutrition Facts panel, not a Supplement Facts panel. For supplements, always choose NSF Certified for Sport® products. These products have been tested for quality, NCAA & WADA banned substances, and levels of potential toxic ingredients. See www.nsf-sport.com for more information about supplements and this certification program.

Ingredients:

- ½ banana, sliced and frozen
- ½ cup frozen mango
- ½ cup frozen pineapple
- ½ cup carrots
- 1 scoop vanilla protein powder
- 1 cup low-fat milk or non-dairy alternative (i.e. almond milk)



Instructions:

Add mango, pineapple, carrots, and banana in blender and combine until smooth and creamy. Add protein powder and coconut milk to achieve smooth consistency.

Smoothie Tips:

Using frozen fruits eliminates the need for ice, cutting down the extra volume from all the added liquids. Like smoothies with a creamier texture? Replace low-fat milk with low-fat Greek yogurt!