

Beet Berry Muscle Recovery Smoothie

Ingredients

- ½ cup cooked or steamed beet (or use vacuum-packed, no vinegar)
 - 1 cup mixed frozen berries (e.g., blueberry, strawberry, raspberry)
 - 1 frozen banana
 - 1 scoop unflavored or berry-flavored protein powder
 - ¾ cup unsweetened almond milk (or coconut water for extra electrolytes)
 - 1 tablespoon chia seeds or ground flaxseeds
 - Juice of ½ lemon (optional, for a tangy lift)
 - Ice cubes (optional)
-

Instructions

1. Add all ingredients to a blender.
2. Blend on high for 60 seconds or until smooth.
3. Taste and adjust with more liquid or lemon if needed.

4. Serve cold, and enjoy post-workout for best benefits.

Health Benefits

- Beets support blood flow and oxygen delivery to muscles, reducing soreness and improving endurance.
- Berries are rich in antioxidants, fighting oxidative stress from exercise.
- Banana helps replenish glycogen and potassium for muscle repair.
- Protein powder builds and repairs muscle tissue.
- Chia/flaxseeds provide omega-3s and fiber, supporting recovery and digestion.
- Lemon juice adds vitamin C and helps detoxify gently post-workout.