

# EAT 2 COMPETE



## Smoothie Recipes

Smoothies are a great way of getting extra fruit in and are easy to take, especially if you are in a hurry. These are some examples of smoothie recipes that give amounts of ingredients. The carbohydrate (CHO) and protein values per serving (300mls) are indicated under the recipe.

Just put all the ingredients into a liquidiser, smoothie machine, or use a hand blender and whiz until smooth.

### Tropical fruit

1 banana  
100g mango (fresh, tinned or frozen)  
150g natural yogurt  
300mls pineapple juice  
*Makes 650mls; 40g CHO, 5g protein per 300mls*

### Strawberry and Pineapple

150g strawberries (fresh or frozen)  
150mls pineapple juice  
150g low fat strawberry yogurt  
*Makes 400mls; 40g CHO, 6g protein per 300mls*

### Chocolate banana

1 banana  
150g low fat vanilla yogurt  
1 tablespoons drinking chocolate powder  
150mls low fat milk  
*Makes 400mls; 50g CHO, 9g protein per 300mls*

### Cranberry and Mango

200g mango (fresh, frozen or tinned)  
200mls cranberry juice  
150g low fat peach yogurt  
*Makes 550mls; 50g CHO, 4g protein per 300mls*

### Peach and Orange

400g tinned peaches in natural juice  
150g low fat peach or apricot yogurt  
200mls orange juice  
A little honey  
*Makes 750mls; 35g CHO, 4g protein per 300mls*

### Banana and Almond

2 ripe bananas  
450mls low fat milk  
40g ground almonds  
Pinch of ground cinnamon  
A little honey  
*Makes 700mls; 35g CHO, 11g protein per 300mls*

### Banana and Peanut Butter

1 banana  
300mls low fat milk  
1 tablespoon peanut butter  
*Makes 400mls; 30g CHO, 12g protein per 300mls*

### Apricot

200g tinned apricots in natural juice  
150g low fat apricot yogurt  
150mls low fat milk  
*Makes 500mls; 30g CHO, 7g protein per 300mls*

### Kiwi, Melon and Passion fruit

300g watermelon  
2 kiwi fruits  
200mls passion fruit juice  
*Makes 620mls; 30g CHO, 2g protein per 300mls*

### Orange, Raspberry and Blueberry

50g raspberries (frozen or fresh)  
50g blueberries (frozen or fresh)  
1 banana  
2 tablespoons natural yogurt  
300mls orange juice  
*Makes 620mls; 30g CHO, 4g protein per 300mls*



### Blackberry and Grape

125g frozen blackberries  
300mls purple grape juice  
3 tablespoons low fat fromage frais  
1 teaspoon honey  
*Makes 500mls; 30g CHO, 4g protein per 300mls*

### Prune, Apple and Cinnamon

65g ready-to-eat prunes  
Pinch of ground cinnamon  
350mls apple juice  
3 tablespoons natural yogurt  
*Makes 500mls; 40g CHO, 4g protein per 300mls*

### Strawberry

200mls low fat milk  
200g low fat vanilla yogurt  
150g strawberries (fresh or frozen)  
*Makes 550mls; 30g CHO, 8g protein per 300mls*

### Banana and Date

2 bananas  
4 dates (pitted)  
1 tablespoon drinking chocolate powder  
5 tablespoons low fat vanilla yogurt  
150mls pineapple juice  
*Makes 600mls; 60g CHO, 5g protein per 300mls*

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