

Sally
Wisbey's
**Smoothie
of the
month**



This recipe is a good one for men to drink after a workout to increase muscle building and general wellbeing. Take a look at our men's health feature on page 32.

You will need:

- ▶ 1 cup of almond milk
- ▶ 1 banana
- ▶ 1 handful of blueberries
- ▶ 2 tbsp natural yogurt
- ▶ 1 scoop whey protein powder

Sally says:

"Bananas are high in carbohydrates which replenish depleted glycogen, helping the body to refuel and speed up the recovery process, preventing fatigue. They are also a good source of the electrolytes magnesium and potassium, helping to rehydrate the body after a workout. Blueberries are bursting with antioxidants which will help repair any damaged cells through exercise. They also help protect our immune system from any nasty bugs.

Training can break down muscle protein so it is vital that you consume protein after exercise. This smoothie is oozing with protein from the whey powder and yogurt. Yogurt is also high in calcium and is a good source of probiotics which encourage good digestion. Almond milk contains magnesium which helps relax muscles after a workout and boosts brain function for the day ahead."

■ To find out more about Sally, visit www.sallywisbeynutrition.co.uk or follow her on Twitter: @wizznutrition

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