

# Post-Workout Smoothie

1) Blend all the ingredients until smooth.

Recipe adapted from the Cheerful Chocolate recipe in [Oh She Glows Cookbook](#)

Post workout nutrition is important for muscle repair and recovery. This smoothie has everything you need protein, fats and carbs. I remember Lara telling me about the post workout smoothie she drinks. I tried it and let me tell you, it's pretty damn delicious so I wanted to share it with you. You can definitely make it the night before and then drink it within 30 minutes of finishing your workout. Enjoy.

xoxo,

Kristin