

WEEK



RECIPE OF THE WEEK

By **David Gillick**
Nutrition Support

DAVID'S RECIPE OF THE WEEK

BREAKFAST SMOOTHIE

INGREDIENTS (SERVES 1)

4 tbsp Oats, uncooked

200ml milk or milk alternative

2 tbsp of unflavoured greek yogurt

Handful fresh or frozen blueberries or any mix of your favorite berries

1 tbsp mixed seeds

1 tsp of mixed nuts

1 tsp cinnamon

1 scoop vanilla whey protein (optional)

METHOD

1. Place all ingredients in a blender until smooth.

PRE-TRAINING SMOOTHIE

INGREDIENTS (SERVES 1)

250ml milk, protein milk or milk alternative

1/2 small pre-cooked beetroot

1 Banana

2 tbsp Oats, uncooked

1 tsp chia seeds

1 tbsp honey

METHOD

1. Place all ingredients in a blender until smooth.