

# **Smoothies for Athletes.com**

## **126 Easy Recipes for Maximum Sports Performance!**



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**Inside this book, you’ll find quick and easy recipes for athletes on the go.**

**Enjoy!**



Ryan Lee, MS, CSCS is the founder of [SportSpecific.com](http://SportSpecific.com), the world's largest strength and conditioning resource. He's considered one of the world's most innovative strength and conditioning professionals.

Ryan has helped thousands of athletes improve their performance, and has been featured in USA Today, The Wall Street Journal, Personal Fitness Professional, Golf Illustrated, and dozens of industry publications. He holds a Master's Degree in Exercise Physiology and is certified by the National Strength and Conditioning Association and the American College of Sports Medicine.

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## **About the Book**

Thanks for purchasing 'Smoothies for Athletes'

This collection of recipes is perfect for all athletes. Whether you're looking for a quick nutritious breakfast or a powerful post-workout shake, you'll find the recipe you're looking for.

As with any smoothie, many additives can be added for a variety of reasons. You can add any powdered product and it won't affect taste, such as protein powder, wheat germ, oatmeal, 100% bran cereal, soy powder, rice powder, flaxseed oil, bee pollen, etc. All of these products are available in health food stores.

You can throw just about anything in a smoothie to enhance its flavor such as honey, tofu, jams, any combination of fruits, peanut butter, juices, etc., but keep in mind it will effect the nutritional values listed below.

I put a lot of time and effort into this cookbook and hope you enjoy them as much as I do. For most of the recipes, all you need is a blender. Plus, you'll save lots of money by making smoothies instead of buying expensive protein bars, which usually have lots of additives and usually taste like chalk.

Once you start making these nutritious smoothies, you'll never go back to protein bars.

Enjoy and happy 'smoothing'.

Ryan Lee, MS, CSCS

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**AMAZING APPLE SMOOTHIE**

- 2 cups apple sauce
- 1 cup apple cider
- 1 cup orange juice
- 2 tablespoons Vermont maple syrup
- 1/2 teaspoons nutmeg
- 1/2 teaspoons cinnamon

Combine all ingredients in a blender and blend until smooth. Pour into glasses and serve.

**APPLE CARROT QUENCHER**

- 2 cups carrot juice
- 1/2 cups apple juice
- 6 ounces non-fat vanilla or plain yogurt, frozen
- 1 banana

Put all ingredients into blender. Blend until smoothie consistency is reached!

**APPLES AND CREAM SMOOTHIE**

- 2 cups vanilla low-fat ice cream
- 1 cup unsweetened applesauce
- 1/4 teaspoons ground cinnamon or apple pie spice
- 1 cup fat free skim or 1% low fat milk
- Ground cinnamon (optional)

In a blender container combine low-fat ice cream, applesauce, and the 1/4 teaspoons cinnamon or apple pie spice. Cover and blend until smooth. Add fat free skim or 1% low fat milk. Cover and blend until just mixed. Pour into glasses. If desired, sprinkle each serving with additional cinnamon. Serve immediately. Makes 4 (8-ounces) servings.

**APPLE PIE SMOOTHIE**

- 1 frozen banana
- 1/2 peeled, chopped apple
- 1 cup apple juice
- 1/2 teaspoons cinnamon
- Pinch of nutmeg

Blend. Great substitute for applesauce! Control the consistency by adding more or less chopped apple.

**APRICOT APPLE SMOOTHIE**

- 1 apple (golden delicious), peeled, cored & chopped
- 1 cup apple juice

4 apricots, fresh, pitted (skin optional)

1 banana, peeled

3/4 cups yogurt, plain

10 - 12 ice cubes

1 tablespoon honey

Place all ingredients in a blender and puree until smooth.

### **ARTIC FOREST SMOOTHIE**

1 peach, frozen

10 blueberries, frozen

1 cup light (reduced sugar) fat-free vanilla yogurt, frozen

1/2 cups 1% milk

1/2 tablespoons crushed pecan

1/2 teaspoons salt

1/4 teaspoons vanilla extract

Put all ingredients into blender. Blend until smoothie consistency is reached!

### **AVOCADO AVALANCHE**

1 large avocado

2 teaspoons condensed milk

1 cup ice

Scoop out avocado into blender. Add 2 teaspoons condensed milk or a little more, depending on how sweet you like it. Then add the ice and blend all of it together until it's a semi-creamy texture.

### **AVOCADO BANANA BERRY SMOOTHIE**

Half a ripe avocado

1 to 1 1/2 frozen bananas

4 to 5 frozen or fresh strawberries

Splash non-fat soy or other nut milk

Pinch cardamom

Pinch allspice

Whatever else strikes your fancy. . . Nuts, fruits, spices, etc throw all ingredients into a blender and blend until desired texture is reached. I prefer it smooth, but some like a chewable drink. Very, very delicious! Serves: 1

### **BANANA BLUEBERRY SMOOTHIE**

2 bananas

1/2 cups blueberries

1 cup plain yogurt

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