

# RECOVERY SMOOTHIE

This is a perfect after Net Set Go smoothie as it is high in protein and will help with muscle recovery. It is really important for us to make sure we are getting energy and protein after we play sport so we can recover well and continue on with our day feeling healthy and strong!

This recipe is designed to feed two children. You could also double the recipe to feed mum or dad, or triple to feed the whole family.

## INGREDIENTS

- 1 banana
- 2 tbsp yogurt
- 200ml milk of choice
- 1 tsp honey/maple syrup
- ½ tsp cinnamon
- Ice to taste

Blend together and enjoy!

**SERVES 2**



# FUEL YOUR BODY SMOOTHIE

This smoothie is perfect to have before you play NetSetGO, it is high in energy and will give you that boost you need to play as best you can. Before we play sport, we need to make sure we have properly fueled our body, this will help us play a great game or train well without feeling tired and sore!

This recipe is designed to feed two children. You could also double the recipe to feed mum or dad, or triple to feed the whole family.

## INGREDIENTS

- 200ml milk of choice
- 1 cup frozen mixed berries
- 1 tsp honey/maple syrup
- ¼ cup quick oats
- 3 tbsp yogurt of choice

Blend together and enjoy!

**SERVES 2**



# REST AND RESTORE SMOOTHIE

This smoothie has plenty of protein and good fats to restore your muscles after NetSetGO. Protein helps our bodies recover and the addition of good fats helps replenish our muscles and reduce soreness.

This recipe is designed to feed two children. You could also double the recipe to feed mum or dad, or triple to feed the whole family.

NOTE: If you have a peanut allergy, you could swap for another type of nut, or simply remove the PB and add some 1 tbsp chia seeds.

## INGREDIENTS

- 2 tbsp natural peanut butter
- 200ml reduced fat milk
- 2 pitted dates
- 2 tbsp raw cacao powder
- 1 frozen banana
- Ice

Blend together and enjoy!

**SERVES 2**

