



# POWER-UP ENERGY SHAKE

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THIS MORNING SHAKE WILL HAVE YOU  
ENERGIZED FOR THE DAY.



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## Health Tip

At hrn basketball, we think that starting the day with a smoothie is a great way to get all those fruit and veggies in. It's really easy to make them versatile and tasty and get a whole mixture of fruit and vegetables. This one contains kale, which is high in vitamin C, iron and magnesium – all pertinent in maintaining optimal health. We always recommend to try and get a handful of leafy green vegetables daily. They're one of the most nutrient-dense vegetables out there.

## Recipe

Prep Time: 5 minutes

Cook Time: 5 minutes

### INGREDIENTS:

Banana (1/2, frozen)

Almond milk (3/4 cup)

Kale (1/2 cup, chopped)

Greek yoghurt (1/4 cup, non-fat)

Almond butter (1 tablespoon)

Protein powder (1 serving)

Ground flax seeds (1 tablespoon)

### METHOD:

Pulse all the ingredients in a blender until creamy. If desired, add some ice cubes for a thicker consistency. Serve immediately.

## NUTRITIONAL INFORMATION

Calories	323
Fat	8 g
Protein	20 g
Carbs	24 g
Fibre	5 g



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