



# PERFORMANCE RECIPE

CANADIAN  
SPORT  
INSTITUTE



INSTITUT  
CANADIEN  
DU SPORT

ONTARIO



Gluten-free

## Very Berry Smoothie



5 min cook



Batch prep snack



Antioxidants

Make 1-2 servings



### INGREDIENTS

- ½ cup frozen strawberries
- ½ cup frozen blueberries
- 2 frozen bananas
- 1 tbsp hemp or chia seeds
- 2 cup dairy/non-dairy beverage



Berries include antioxidants and are associated with anti-inflammatory profile. For extra protein, use beverage high in protein content. Can add in acai powder for extra nutrients.

### INSTRUCTIONS

1



Measure all ingredients and put them in the blender.

2



Blend until smooth texture and enjoy.

Commitment

Synergy

Integrity

Openness