



## NUTTY BANANA LIQUID FUEL

Courtesy of: Lorna Garden



### Ingredients:

- ½ cup almond milk (or regular milk)
- 1 scoop whey or vege protein powder
- 1 tbsp almond or peanut butter
- 1 large frozen banana (peel before freezing)
- 1 tbsp raw maple syrup
- ½ tbsp wheatgerm

### Method:

1. Blend ingredients together... add ice if desired.

### Nutrition Information

Makes 1 serve

Nutrient	Per Serve
Energy	1288 kJ
Protein	13 g
Fat	9 g
Carbohydrate	42.5 g
Sugars	33.3 g
Fibre	4.6 g



### HOT TIPS

When you are pushed for time, a liquid meal supplement can be a convenient way to meet your protein and carbohydrate needs for recovery.

Junior athletes will benefit from a smoothie made with milk and yoghurt to achieve their protein and other micronutrient needs.