

Performance Recipes

Feature Recovery Smoothie: Peach, Almond and Swiss Chard

INGREDIENTS

- 1/2 cup of fresh or frozen peaches
- 1/2 banana
- 1 cup Swiss chard
- 1 tbsp raw almond butter
- 1 tbsp ground flax seed
- 1/2 cup of milk of choice
- 1/2 cup of Greek yogurt

INSTRUCTIONS

1. Blend all ingredients in a blender and enjoy.

NUTRITION INFORMATION

Makes 1 serving. Per Serving: 399 calories, 41 g carb, 23 g protein, 18 g fat

Swiss chard facts:

This smoothie caters to Canada's Food Guide recommendation to eat at least one dark green vegetable each day. Swiss chard is a dark green leafy vegetable and is an excellent source of vitamins K, A and C as well as a good source of magnesium, potassium, iron, and dietary fibre. The stalks are thick and can be red, green, white or yellow.



Peach facts:

The peach is classified as a drupe and originated in China. Like the plum and apricot, the peach is a member of the rose family (*Rosaceae*). Peaches are in season in Ontario from as early as May up to late September. High in fibre and potassium, peaches are a good source of vitamin A and C.