

Peach Recovery Smoothie

Coconut water is a great source of electrolytes, it can help replace electrolytes lost in sweat during intense physical activity.

Facts about Potassium

- Most American's do not get enough potassium (the recommended amount is 4700 mg per day)
- Increasing potassium intake (as well as decreasing sodium intake) is shown to lower blood pressure and cardiovascular disease risk
- Potassium is important in controlling muscle activity
- Other sources of potassium: avocado, beans (white, soy and lima), sweet potatoes, banana, tomatoes, cantaloupe

This smoothie provides more than 10 g of fiber per serving as well as 3 servings of fruit! The peach recovery smoothie tastes like summer in a glass – a chance for you savor the last few weeks of summer!

Note: If you are on a diuretic to reduce swelling, please discuss with your doctor to see if you need your potassium level checked before dramatically increasing your intake of potassium. Certain diuretics may raise the level of potassium in your blood, which can be very dangerous as it can lead to an abnormal heart rhythm.

Ingredients

2 Cup frozen or fresh peaches
½ Cup coconut water
6 oz light n fit yogurt
1 Banana
½ Cup ice cubes

Directions

1. Add all ingredients into blender (add ice last), cover and puree until smooth.
2. Enjoy!

Yields - 16 oz.

Calories: 546
Sodium: 2335 mg

Protein: 9 g
Fiber: 10.4 g

Carb: 130 g

Fat: 0.6 g

