

# Post-workout Almond Butter Pear Smoothie

Drinking a smoothie is the easiest way to help your body recover from a workout. Athletes should aim for nutrient consumption within 30 to 45 minutes of exercise. This time frame is generally viewed as the optimum window for replenishing glycogen stores and facilitating muscle repair and recovery. Why not try one this week?

## Ingredients

- ½ cup plain Greek yogurt
- 1 cup vanilla unsweetened almond milk
- 1 banana
- 1 ripe pear
- 2 tbsp natural almond butter
- 1 tsp vanilla
- 1 tsp pure honey
- 1 tsp cinnamon

## Directions

Place all the ingredients into a high-powered blender and blend until smooth. Adjust thickness by adding water or almond milk.

