

Very Berry Boost

I protect every cell, and make your brain work well.



Billie Blueberry

I'm a disease fighting berry, who can make you feel merry.



Rosie Raspberry

I help you sleep, and keep your heart going to the beat.



Cheeky Cherry

Eat a handful of me, to keep you germ free.



Bobby Blackberry

I give you energy fast and slow, when you want to go, go, go!



Barry Banana

What ingredients we are going to need

1 cup Greek yoghurt
1 banana
1/4 cup of blueberries
1/4 cup of blackberries
1/4 cup of raspberries
1/4 cup of cherries

It is so easy to do

Place the Berries, Banana and yoghurt into a blender and blend until smooth. (TIP: When using frozen Berries it is best to put the Yoghurt in first).

Why it is good for us

Bananas give you instant and constant energy and are a great snack before or after sport. They can help control your body temperature and help your body deal with diarrhea and constipation. They help with your hydration levels to prevent muscle cramp.

Greek Yoghurt contains pro-biotics which are healthy bacteria that keep your gut and digestive system healthy. It also contains lots of protein, helping you to keep your muscles strong and stay full and satisfied for longer.

Not only do berries taste great, they are also super healthy for you.

Berries contain nutrients called phytochemicals which help protect your bodies cells from damage. Berries are super heroes who help your body fight against disease, they are good for your brain and your heart, your skin and your hair. Cherries contain powerful antioxidants which can help your body to fight off illness.

Eating cherries can help you sleep better and for longer, they help to regulate your heartbeat and are good for your muscles and your brain. They are perfect for post match recovery as studies show they have the power to reduce muscle soreness.

Together this is probably the best nutrient packed post workout smoothie you can have. It will boost your energy levels, athletic performance and help to build up and repair your muscles, easing soreness after a tough match. Delicious and Nutritious.