



Creative Juices  
Consulting

## **Hydration Recovery Smoothie (Remember Robert) (24 Hours of Booty original recipe)**

**2 cups frozen mixed fruit (mango, peaches, pineapple, strawberry)**

**15 red grapes**

**½ avocado**

**½ cup Greek yogurt**

**1 handful fresh spinach**

**1 TBSP powdered green tea**

**2 slices candied ginger**

**¼ fresh lime with peel**

**3 mint leaves**

**1 tsp honey**

**½ cup coconut water (can adjust liquid to desired consistency)**

**½ cup coconut milk**

**ice**

### **Instructions:**

**Place all ingredients in Vita-Mix in order listed. Select variable speed 1. Turn on machine and quickly increase speed to 10 then turn to high. Run for 1 minute or until smooth.**

- This recipe makes a blender full with plenty to freeze for later!**

**At 24 Hours of Booty 2015, we created Robert's Recovery drink based on the specific hydration needs of a cyclist. This year, Robert was at the end of his 100 miles when this drink was being prepared. Way to go Robert and here's to your health!**