



Creative Juices
Consulting

24 Hours of Booty 2014

Robert's Recovery Drink

10 ounces Orange Juice
1 banana
½ carrot
16 ounce bag frozen pineapple
1 handful organic kale
2 slices lemon, peeled
1 orange peeled, with pith
4 leaves mint
6 green grapes
¼ cup organic oats
1 inch candied ginger
1 scoop Whole Soy® Protein powder
5 ounces coconut water
1 dash cinnamon
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Place all ingredients in VitaMix® and blend until smooth. Enjoy Robert's RECOVERY after vigorous exercise. This drink was developed at 24 Hours of Booty after Robert had completed MANY Booty laps and helped me choose ingredients based on the Recovery his body needed....Thanks Robert!

