



Smoothies: Fuel for Active Living!

PRACTICAL AND NUTRITIOUS, A SMOOTHIE BLENDS PERFECTLY INTO AN ACTIVE LIFESTYLE. IT'S THE IDEAL SNACK, BEFORE OR AFTER WORKING OUT.

Smoothies: Carbohydrates for training and recovery!

Before a workout, your muscles need energy: a carbohydrate-rich smoothie is a smart choice. Quick to make and easy to digest, this delicious beverage is a great solution for busy people who work out early in the day and who aren't hungry enough to eat breakfast beforehand.

After a high-intensity workout, a good recovery drink needs to provide carbohydrates to replenish energy stores, and protein to repair muscle tissue damaged by the physical activity.

Having a smoothie after training promotes both recovery and rehydration. Milk is about 90% water and contains minerals that help rebalance electrolytes lost in sweat.

Smoothies: Good for the whole family!

Looking for healthy snack ideas for your kids? Having a smoothie at snack time or with meals delivers the nutrients and energy your kids need to grow. Tasty smoothies add variety to your menu. They're also a great alternative for children and adults who are not that fond of the taste of white milk. Indulge... It's a sure hit!

Pink and Orange Sunrise

2 servings

- 250 mL (1 cup) cantaloupe or mango, in chunks
- 250 mL (1 cup) milk
- 125 mL (½ cup) strawberries
- 125 mL (½ cup) orange juice

Blend and enjoy!

Smoothies: Extra energy to build muscle

Looking to build muscle mass? Contrary to popular belief, it takes more than just increasing your protein consumption. It takes a weight training program, an **energy-rich diet** and time. Want to optimize your efforts? Soon after your workout, go for a nice big smoothie. A smoothie gives you an energy boost as well as the protein and carbohydrates you need for building muscle.

The Blaster

One very large serving

- 375 mL (1½ cup) chocolate milk
- 80 mL (⅓ cup) oatmeal
- 60 mL (¼ cup) milk powder
- 1 banana

Blend and enjoy!

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Power up white or flavoured milk by adding:

To increase energy content: Peanut or nut butter, ground grains.

To boost carbohydrates: Fresh or frozen fruit, jam, honey, maple syrup, fruit juice, cereal, dried fruit.

To boost protein content: Pasteurized liquid egg whites, powdered skim milk, Cottage cheese or other fresh cheese, Greek yogurt.

Smoothies: Energy without extra calories

Concerned about calories? Don't worry: a smoothie made with white milk, yogurt and fresh fruit contains almost the same amount of calories as 100% fruit juice. Better yet, a smoothie provides proteins, calcium, phosphorus, magnesium, vitamin A, several B complex vitamins, and vitamins C and D.

