



BLEND IT LIKE BECKHAM

Whether you're a soccer star or a gym regular, finish your workout on a delicious note with a recovery smoothie. Studies have shown that drinking a beverage rich in dairy protein right after exercise can help maximize muscle growth. This Chai Squash Smoothie ups the protein ante by combining ground flaxseed with kefir—yogurt's cooler cousin and an excellent source of dairy protein. Drink up!



Chai Squash Smoothie

Blessed with sweet, buttery flavour, butternut squash is a stellar addition to your winter lineup of smoothie ingredients, although this drink would also work with cooked sweet potato or pumpkin purée. Kefir adds tang along with a healthy population of probiotic bacteria for better digestive and immune health. You want to use the kefir that has a milk-like consistency as opposed to the thicker yogurt-like versions.

Stealth health

A British study found that subjects perceived creamy drinks (this one fits the bill) to be more filling than noncreamy ones, even when they contained the same number of calories.

- 1 cup (250 mL) plain kefir beverage (noneffervescent)
- 1 cup (250 mL) cubed butternut squash, cooked and cooled
- 1 Tbsp (15 mL) ground flaxseed
- 1/2 tsp (2 mL) vanilla extract
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) ginger powder
- 1/8 tsp (0.5 mL) nutmeg
- 1/8 tsp (0.5 mL) ground cardamom
- 1 small frozen banana, chopped

Place all ingredients in blender container in the order listed and blend until smooth.

Serves 1.

Each serving contains: 294 calories; 16 g protein; 13 g total fat (4 g sat. fat, 0 g trans fat); 33 g total carbohydrates (22 g sugars, 4 g fibre); 146 mg sodium >>