

Chocolate Recovery Shake

This superfood smoothie is a delightful treat to help your body recover from the day and get ready for the next. You'll love its silky, rich chocolate taste. Enjoy it as a breakfast or post-workout shake!

Adding **CanPrev's L-Glutamine** contributes to healthy immune function and muscle recovery. L-glutamine is an amino acid required to maintain the health of rapidly dividing cells of the immune system and digestive tract.



Preparation time: 1 min | Servings: 1



Ingredients

- 1/2 cup low-sugar cornflakes or preferred cereal
- 1 tbsp cacao powder
- 15g protein powder of choice
- 1 cup unsweetened plant-based milk
- 1/3 cup blueberries
- 1 scoop L-Glutamine

Method

1. Pour all the ingredients, except the blueberries, into a blender. Blend until smooth.
2. Pour into a glass and top with blueberries.

Featured Product



Developed by: Hanno Dahmen



As an elite athlete competing on Canada's highest level of Long Track Speedskating, Hanno aims to get the most out of his diet using nutrient-dense foods and natural health products.