Berry and Banana Milkshake

Smoothies and milkshakes are a great way to get more fruit and dairy into your diet. Fruits provide you with essential vitamins, minerals and antioxidants which help to maximize your immune response and improve recovery.

As we come into winter and colds and infections are more common, try making yourself a homemade milkshake for breakfast, post-exercise or to have on the yard to get more fruit into your diet. You can purchase blenders for as little as £10-20 online nowadays and they are a useful cupboard-item to have if you are limited with time to prepare food.

**Ingredients**

- 200mls Skimmed milk
- 50g Greek/Skyr yoghurt *(Skyr yoghurt is higher in protein)*
- 100g Frozen berries
- 1 small banana, sliced *(or can use fresh and add optional ice)*
- 1 teaspoon honey
- Optional: 1 scoop of batch-tested whey protein

**Method**

Mix all the ingredients in a blender until combined and serve.

**Provides:**

- 260 Kcals, 15g Protein, 45g Carbohydrate, 3.5g Fibre, ~350mg Calcium (without whey)
- 360 Kcals, 36g Protein, 46g Carbohydrate, 3.5g Fibre, ~450mg Calcium (with whey)

This smoothie is high in Calcium and can provide half of your daily recommended amount (aim for ~700-1000mg a day to support bone health).

**Top tip:** When making a smoothie, use milk and/or yoghurt to increase the protein/calcium content!

Whey powder can be added to milk or smoothies to add flavour and to increase the protein content. A common misconception is that protein powders will make you bulky, yet they are just a form of powdered milk and a convenient way to get more protein into your diet. If you are wanting to buy protein powder (or any supplements), contact a member of the nutrition team for advice on batch-tested, informed-sport supplements.

For support with your nutrition, contact the PJA Nutrition Team at: nutrition@thepja.co.uk