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Blueberry Pineapple Protein Shake



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Another great post-workout refuel from Fitness Magazine!

Pineapple contains bromelain, a natural anti-inflammatory compound, which may reduce post-workout pain. The protein and carbs in milk help repair and replenish cells' energy stores after a workout. Eat dairy within 45 minutes of exercising, when the recovery process is at its peak.

Enjoy!

Combine 1 cup low-fat milk, 1/4 cup frozen blueberries and 1/4 cup frozen pineapple in a blender. (I used fresh fruit w/ice). Puree until smooth.