



INGREDIENTS:

- ½ medium beet, roasted or 1 Tbsp beetroot powder OR 4 oz beetroot juice
- 1 banana, chopped
- ¼ cup plain greek yogurt
- 1 large handful of spinach
- 1 Tbsp chia seeds
- 1 Tbsp honey
- 3-4 ice cubes
- ¾ cup almond milk, regular milk

DIRECTIONS: Roast beet first. In blender add beet, banana, spinach, chia seeds and ice. Blend a couple times. Add yogurt, honey and milk.

Beets are rich in nitrates which improve blood flow and increase oxygen to muscles during exercise.

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**TART CHERRY
ENERGY BITES**

INGREDIENTS:

- 1 cup old-fashioned oats
- 1 cup dried tart cherries
- ¾ cup almond butter
- ¼ cup raw honey
- ½ cup almonds, crushed
- ¼ cup ground flaxseed
- 1 Tbsp cinnamon

DIRECTIONS: In a medium mixing bowl, combine all ingredients. Shape into 1 ½ inch balls. Store in fridge until ready to eat.

Oats contain B vitamins that help convert carbohydrates to quick energy for effective fueling during workouts.

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