

Goombay Smashed It Hydration Smoothie

Makes one 16 oz drink

One sip of *Goombay Smashed It* and you will be swept away to a hammock on your private vacation island. What better way to reward yourself for smashing a killer workout? This smoothie is inspired by, and filled with, the exotic flavors of the Bahamas. For optimal wholesomeness, squeeze your own apricot, pineapple, and/or orange juice.

Ingredients:

1 oz coconut milk
2 oz apricot nectar
1 oz pineapple juice
2 oz orange juice
1/8-1/2 tsp salt (See the *Sweat Rate Worksheet* to learn more about your sodium needs)
8 oz ice

Directions:

On the Rocks: Place ingredients in a shaker, shake, and pour into a glass. In lieu of a shaker, stir ingredients together in the glass.

Blended: Place ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Recovery Shake: Prepare as a blended smoothie with vanilla protein powder.

Tip: Freeze leftover fresh squeezed juice in ice cube trays. Once frozen, pop into freezer bags and store. Use in shakes (no need to thaw). In general, one cube is equal to one fluid ounce.

Nutrition (16 oz without protein: 150 cal, 23 g carb, 0 g fiber, 1 g protein, 6 g fat, 594 mg sodium, 43% DV vitamin C)