



## Ginger Pear Smoothie - pre or post training

Ginger has antioxidant, anti-inflammatory, and detoxifying properties in your body which help to reduce stress and the risk of many diseases.

Enjoy 2 hour before or 30 minute after your training

**Serves: 1, Prep time: 00:10, Cook time: -**

## Instructions

If needed peel and prepare all the ingredients and place them in a high-speed blender. Blend until smooth and creamy. Serve and enjoy!

PROTEIN: 6%

CARBOHYDRATES: 88%

FAT: 6%

CALORIES: 277 cal

For a FREE recipe book click [here](#) & [Chili Tri](#)

## Ingredients

- 200 milliliters Water, cold (7 oz (U.S.))
- 100 grams Banana, yellow, Frozen (3.5 oz)
- 150 grams Pear, Raw (5.5 oz)
- 1 teaspoon Flaxseed
- 1 teaspoon Hemp seeds, Hulled
- 1 tablespoon Ginger, Raw
- 50 milliliters Almond Milk (1.5 oz (U.S.))
- 30 grams Baby Spinach Leaves, Raw (1 oz)
- 1 tablespoon Maple Syrup