

## Pre-Workout Power Smoothie



### Nutrition Facts

Amount Per Serving

|                     |          |
|---------------------|----------|
| <b>Calories</b>     | 130 kcal |
| <b>Protein</b>      | 6.5 g    |
| <b>Carbohydrate</b> | 24.4 g   |
| <b>Fat</b>          | 0.3 g    |

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

- 85g Banana
- 60g Nectarine
- 5g [BCAA Powder](#)
- 200ml Water

### Preparation:

Mix banana, nectarine, BCAA's and water for 1-2 minutes. Drink the Pre-Workout Power Smoothie immediately after preparation when it's fresh and cold. Enjoy and stay fit!

### Product Recommendation for this Recipe:

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