

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Breakfast Smoothie #1**

*Contributed by Coach Karen*

Toss the following ingredients in the blender and whirl until smooth. You can serve as is or over ice cubes. Makes one heaping serving, and features a sneaky way to log an early-morning vegetable serving. I use fresh-frozen or bagged frozen fruit instead of ice cubes, but feel free to use room temp fruit. In multiple taste tests, no one has identified the spinach ... including my teen-age son!

1 small or 1/2 large banana, sliced and frozen

1/2 cup frozen mixed berries (I use the Trader Joe's Berry Blend, but you could also use blueberries)

1 – 1/2 cup Almond Milk (I use Blue Diamond Vanilla, but you can also use Unsweetened or Chocolate Almond Milk, Rice Milk, Cow's Milk or water)

1 cup organic baby spinach (yes ... you read correctly! I promise, you won't taste it!)

2 tablespoons Trader Joe's Almond Butter with Roasted Flax Seeds

Whey, Soy or Protein Powder (I use 2 scoops of the Vanilla Whey Powder)



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