

The combo of Greek and regular vanilla yogurt gets it to that 4:1 carb-to-protein ratio--the sweet spot for muscle recovery after a tough workout!



- 2 cups baby spinach, lightly packed
- 1 cup water
- 1 1/2 cups pineapple chunks, frozen
- 1/2 small banana, frozen
- 1/2 cup 2% Greek yogurt
- 2 teaspoons honey

Puree spinach and water in a high-power blender. Add frozen fruit, yogurt and honey and blend until smooth.