

Recovery Nutrition – Shared Ideas & Recipes from Terrapin Swimmers

Christian Ceja- Oatmeal and Strawberry/Banana Smoothie after a morning practice:



Oatmeal

1. Mix low-fat milk and oats together and heat for 7-8 minutes on medium

Smoothie

1. Put Strawberries, a banana, some ice, milk, small amount of chocolate, and Greek yogurt.

2. Blend until it's completely blended together

Abbey Keller- I have a few recovery foods I eat on a daily basis:

- After practice I always have a glass of chocolate milk.
 - I make parfaits with yogurt topped with granola and berries
 - I like avocado toast - we toast wheat bread then mash and spread an avocado, hummus and everything but the bagel seasoning
 - I like rice cakes topped with peanut butter and bananas too.
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Addison Faulkner- Addie likes to have milk chocolate and banana for a recovery snack. This actually contains about the same ingredients and nutritional value as most recovery bars, but includes more whole foods, so a pretty good choice as long as you don't have too much.

Addison Reed- Homemade Banana Bread and Raisin Muffins

Mix the following together in large mixing bowl; 1 ¼ cup sugar, ½ cup margarine, 2 eggs, 1 ½ cups smashed bananas, 1 teaspoon vanilla, 2 ½ cups flour, 1 teaspoon baking soda, 1 teaspoon salt, 1 small box of raisins.

Fill cupcake baking tray about halfway full for each space. Bake in oven on 350 for about 40 minutes. Check with toothpick to see if centers are cooked all the way.
