



# Sara Galipeau

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## Recipe of the Month

**May:**

### **Chocolate Cherry Chai Smoothie**

*This is a great smoothie after a tough workout. Not only is it indulgent, but it will help kick muscle soreness down a notch or two. Ginger, turmeric, and pepper are all spices that work well as anti-inflammatories. Cherries contain antioxidants called anthocyanins, present in other dark red and purple fruits and vegetables, and that were recently studied for their use in aiding recovery after a marathon.*

*I've chosen Vega Sport Performance Protein since it contains a high amount of the amino acid glutamine, which helps minimize soreness by helping tissue repair, and can also be useful to help heal the mucosa of the digestive tract, for people with conditions such as stomach ulcers, esophagitis, leaky gut, and inflammatory bowel conditions.*

*Finally, using coconut water or rooibos tea for your liquid, in addition to a banana and leafy greens, bumps up the electrolyte content to replenish those you've lost from sweating.*

*Makes 1 large or 2 small servings.*

#### **Ingredients:**

1 cup frozen organic cherries  
1 banana  
Large handful leafy greens, such as baby kale or spinach  
1 scoop/packet chocolate protein powder such as Vega Sport Performance  
1 Tbsp. hemp seeds  
1 Tbsp. cocoa powder (optional)  
1 scoop/packet wheatgrass powder or spirulina powder (optional)  
1" piece fresh peeled organic ginger  
½ tsp. ground cinnamon  
Pinch of each turmeric, and black or cayenne pepper  
1 cup coconut water, unsweetened coconut milk, or chilled rooibos chai tea

#### **Directions:**

If using tea, brew the night before for 10-15 minutes, then chill in the fridge overnight or 4-6 hours. Combine all ingredients in a blender on high until smooth, as close as possible to consuming. Enjoy!

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