

# Refresh, Refuel & Recharge

Four wholesome recipes to help you stay nourished and refreshed



Rest and recovery can be supported in many different ways, including the foods and drinks we choose throughout the day. These simple, refreshing recipes combine wholesome ingredients with easy preparation, helping you nourish your body, stay hydrated, and create small moments of self-care that support both your physical and mental wellbeing.

## Strawberry Yoghurt Ice Pops

### Ingredients (Makes 4)

- 200g Greek yoghurt
- 150g strawberries
- 1 tbsp honey (optional)

### Method -

1. Blend the yoghurt, strawberries, and honey until smooth.
2. Pour into ice lolly moulds.
3. Freeze for 4 to 6 hours.
4. Enjoy whenever you need a refreshing treat.

## Tropical Mango Smoothie Bowl

### Ingredients (Serves 1)

- 150g frozen mango
- 1 banana
- 100g Greek yoghurt
- Splash of milk
- Optional toppings: berries, oats, coconut flakes or chia seeds

### Method -

1. Blend the mango, banana, yoghurt, and milk until thick.
2. Pour into a bowl.
3. Add your favourite toppings.
4. Serve immediately.

## Frozen Chocolate Banana Bites

### Ingredients (Serves 2)

- 1 banana
- 30g dark chocolate
- 1 tbsp chopped nuts or seeds

### Method -

1. Slice the banana.
2. Melt the chocolate.
3. Dip each banana slice into the chocolate.
4. Sprinkle with nuts or seeds.
5. Freeze for 1 to 2 hours before serving.

## Watermelon & Orange Cooler

### Ingredients (Serves 2)

- 250g watermelon
- Juice of 1 orange
- Ice cubes
- Fresh mint (optional)

### Method -

1. Blend the watermelon and orange juice until smooth.
2. Pour over ice.
3. Garnish with fresh mint if desired.
4. Serve immediately.