

# WORKOUT DESSERT

Finish your next sweat sesh with one of these delish snacks. Go on, you earned it!

## Antioxidant smoothie

SERVES 1

- 2 cups unsweetened coconut water
- 1 cup plain Greek or coconut yoghurt
- 1 scoop vanilla protein powder
- 1 tbs açai powder
- 6 strawberries

**GARNISH (optional)**  
Unsweetened coconut flakes

- dried lavender
- goji berries
- red fruit tea mix

- 1 Add all the smoothie ingredients to a blender and process until smooth.
- 2 Pour into a tall glass and top with coconut flakes, lavender, berries and tea mix as desired.



Freeze these for an icy, cookie dough-style treat

## 3 WAYS TO SNACK SMART

Blogger Sally O'Neil (aka The Fit Foodie) is the brains behind these recipes and a range of protein ball mixes you can stir up at home, so you know she's nailed post-workout snacking. We asked her to share tips for healthy refuelling...



**EAT PROTEIN**  
"It's really important to replenish protein and glycogen stores after a workout. My usual ratio is roughly 25g of protein to 10g of low-GI carbs. If you're vegetarian or find it difficult to eat lean protein straight after a sesh, find a clean pea protein powder and make a smoothie with a handful of fruit."

**PREP AHEAD**  
"It's good to vary your snacking routine, but my fail-safes are boiled eggs or my Fit Mixes Protein Balls."

I prep both on a Sunday ready for the week ahead, and store them in the fridge. These keep me from reaching for something less healthy when I don't have time to make anything."

**KEEP IT SIMPLE**  
"No one wants to spend 20 minutes prepping a snack that only takes five minutes to eat, so for me it's all about the grab-and-go. Nuts, seeds, berries, homemade muesli, veggie sticks and shredded chicken are all ready to go in my cupboards or fridge."

## Choc-chip peanut butter protein balls

MAKES 12

- ¼ cup vanilla or plain protein powder
- ¼ cup almond meal
- ⅔ cup natural peanut or almond butter
- 1 tbs rice malt syrup or raw honey
- 2 tbs raw buckwheat
- 2 tbs cacao nibs or dark chocolate chips

- 1 Combine the protein powder, almond meal and nut butter in a large bowl.
- 2 Add your sweetener of choice and mix until well combined.
- 3 Stir through the cacao nibs and buckwheat.
- 4 Use your hands to clump the mixture together, then break off chunks to roll into smaller balls.
- 5 Chill in the fridge for 30 minutes before serving.

PHOTOGRAPHY SALLY O'NEIL

## Passionfruit and pomegranate bark

SERVES 6

- 1 ¾ cups plain Greek or coconut yoghurt
- 1 tsp cornflour (optional)
- 2 tbs rice malt syrup or raw honey
- 3 tbs pomegranate seeds
- 1 passionfruit, pulp scooped out

- 1 Mix the yoghurt, cornflour (if using) and sweetener together until well combined.
- 2 Stir through half the pomegranate seeds and passionfruit pulp.

- 3 Line a baking tray with foil and pour the yoghurt mixture on top.
- 4 Spread it depending on how thick or thin you want your bark, and top the bark with the remaining fruit.
- 5 Place in the freezer for 1 hour or until completely frozen. To serve, remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in zip-lock bags for up to 10 days.



Want to check out more of Sally's smart snacks and healthy recipes? Visit her website [the-fit-foodie.com](http://the-fit-foodie.com) or follow her snaps on Instagram @thefitfoodieblog