

IRON MUDSLIDE

Recovery Drink

Ingredients:

(Makes 3 servings)

- 1 ½ cups skim milk powder
- 1/2 cup sugar
- 1/2 cup cocoa
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg

Instructions:

1. Mix all ingredients.
2. Divide into **3 equal parts**.
3. Add 2 cups (500ml) cold water **per serving**.
4. Shake well and **enjoy!**

Avoid the Hurt Locker

Recovery beverage provides:

- 60-90g carbohydrate
- 15-20g protein

Best if consumed within 30 minutes of activity.

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