

# **Skinny Skillet: Post Workout Smoothies**

by Shelby Gottlob, Contributor  
March 19 2015 11:15 AM



My smoothies tend to vary depending on how recently I went to the grocery store and what fruits are close to the end of their life. I always have frozen fruit though. My favorites are peaches, blueberries and berry mixes.

This smoothie contains a clementine, banana, frozen blueberries, handful of kale and 2 tablespoons of flax seed and water. I mixed these first then added some frozen peaches and whole strawberries. Not everything always fits for the first round.

I **love** my Ninja. It makes smoothies so easy and mess-free because the smoothie glasses come with sipping lids. I spin my smoothies extra long when I add greens. I don't want bits of kale ruining the "smooth" texture.

According to My Fitness Pal, this smoothie is about 277 calories. And after an hour and 300+ calories on the elliptical, this is my perfect treat.

Enjoy, friends!