

**PROTEIN-PACKED
BANANA SMOOTHIE**



jerseydairy.com

Recipe by Kit and Paul from TrueFood

**Fuelled
by Milk**
Milk your performance

BANANA SMOOTHIE - PROTEIN-PACKED



Prep: 05 mins



Cook: 05 mins



Serves: 1

Ready to fuel up? This protein-packed banana smoothie is your new go-to for post-workout recovery or an on-the-go energy boost. Creamy Jersey milk and natural yogurt bring the gains, whilst almond butter and chia seeds add a dose of healthy fats and fibre. Just wait until that cinnamon kicks in ...next level!

INGREDIENTS

- 200ml Jersey milk (1% fat)
- 100g Jersey natural yogurt
- 1 ripe banana
- 1 tbsp almond butter
- ½ tsp cinnamon
- 1 tbsp chia seeds
- Ice cubes (optional)

INSTRUCTIONS

1. Blend all ingredients until smooth.
2. Enjoy as a post-workout recovery drink!

Protein
18g

Calories
300kcal

Carbs
38g



GREEN POWER SMOOTHIE



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GREEN POWER SMOOTHIE



Prep: 05 mins



Cook: 05 mins



Serves: 1

Glow up from the inside out with this green power smoothie. Packed with leafy greens, tropical mango and creamy avo, it's the kind of energy boost that tastes as good as it feels. Flax seeds bring the gut-friendly vibes and Jersey milk keeps it smooth and satisfying.

INGREDIENTS

- 200ml Jersey milk (1% fat)
- 1 handful spinach or kale
- 100g frozen mango
- ½ avocado
- 1 tbsp flax seeds
- 1 tsp honey (optional)

INSTRUCTIONS

1. Blend until smooth and creamy.
2. Pour into a glass and feel the energy boost!

Protein
10g

Calories
250kcal

Carbs
35g



CHOCOLATE OATMEAL RECOVERY BOWL



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CHOCOLATE OATMEAL RECOVERY BOWL



Prep: 05 mins



Cook: 05 mins



Serves: 1

Post-workout recovery never tasted so good. Rich cocoa powder, creamy peanut butter and banana bring the indulgence, whilst wholesome oats and Jersey milk serve up the energy you need to bounce back. It's fuel that tastes like a cheat day.

INGREDIENTS

- 100ml Jersey milk (1% fat)
- 100g cooked oats (or 50g raw rolled oats)
- 1 tbsp cocoa powder
- ½ banana
- 1 tbsp peanut butter
- ½ tsp vanilla extract
- Ice cubes

INSTRUCTIONS

1. Blend all ingredients until smooth.
2. This smoothie works great as a meal replacement!

Protein
15g

Calories
350kcal

Carbs
45g



HIGH-PROTEIN PANCAKES
NO WHEY • ALL NATURAL



jerseydairy.com

Recipe by Kit and Paul from TrueFood

**Fuelled
by Milk**
Milk your performance

HIGH-PROTEIN PANCAKES (NO WHEY • ALL NATURAL)



Prep: 15mins



Cook: 10 mins



Serves: Makes 6 pancakes

Protein-packed pancakes with Jersey milk, yogurt, and eggs, no whey needed. Perfect for post-workout or an energising morning snack.

INGREDIENTS

- 200g oat flour (or blend rolled oats into a fine powder)
 - 100g Jersey natural yogurt
 - 100ml Jersey milk (1% fat)
 - 2 eggs
 - 1 tsp baking powder
 - 1 tsp vanilla extract (optional)
 - ½ tsp cinnamon (optional)
 - 1 tbsp honey (optional)
 - Mixed berries (optional)
 - Pinch of salt
3. Make batter. Gradually add the dry mixture to the wet ingredients, stirring until smooth.
 4. Cook pancakes. Heat a non-stick pan over medium heat. Lightly grease with butter. Pour small amounts of batter into the pan.
 5. Flip & serve. Cook for 2 minutes until bubbles form, then flip and cook for another 1-2 minutes until golden brown.
 6. Enjoy! Top with Jersey yogurt and fresh berries, for extra protein.

INSTRUCTIONS

1. Mix wet ingredients. In a bowl, whisk together yogurt, milk, eggs, vanilla and honey.
2. Combine dry ingredients. In another bowl, mix oat flour, baking powder, cinnamon and salt.

Protein
8g

Calories
120kcal

Carbs
14g



Macros (Per Pancake, 6 pancakes total)

JERSEY CHOCOLATE BERRY SMOOTHIE



jerseydairy.com

Recipe by Kit and Paul from TrueFood

**Fuelled
by Milk**
Milk your performance

JERSEY CHOCOLATE BERRY SMOOTHIE



Prep: 05 mins



Cook: 05 mins



Serves: 1

Creamy, chocolaty and bursting with berry goodness, this smoothie is a seriously satisfying way to refuel. Packed with protein, antioxidants and healthy fats, it's perfect for post-workout recovery or a next-level snack that feels like a treat.

INGREDIENTS

- 200ml Jersey Dairy Chocolate Milk
- 100g frozen mixed berries (strawberries, blueberries, raspberries)
- 1 tbsp chia seeds
- 1 tbsp cacao nibs
- ½ tsp vanilla extract
- 1 tbsp Jersey natural yogurt
- Ice cubes (optional)

INSTRUCTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass, sip, and enjoy!

Protein
14g

Calories
280kcal

Carbs
40g

