

Chocolate Cherry Pie Smoothie

A recovery-friendly recipe for active lifestyles

Ingredients:

- 1/3 cup American pistachios
- 1 cup frozen cherries
- 2 tsp cacao powder
- 1 date, pitted
- 1/2 tsp vanilla
- 1 cup soy milk

Directions:

Add all ingredients to a blender. Blend until smooth. Enjoy after training, between sessions, or as a satisfying plant-forward performance snack.



The perfect post-workout smoothie packed with the right blend of protein, carbs and antioxidants for muscle recovery.

Change up your smoothie routine with this Chocolate Cherry Pie smoothie filled with cacao, cherries and American pistachios.



3 Reasons Pistachios Work for Active Lifestyles



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pistachios help fuel
active lifestyles



GOOD SOURCE OF PROTEIN



American pistachios are one of the few plant-based complete protein foods and provide 6 g of protein per 1 oz serving.

GOOD SOURCE OF 7 KEY NUTRIENTS



Pistachios provide protein, healthy fats, and key nutrients including potassium, magnesium, phosphorus, and iron.

EXERCISE RECOVERY



Randomized controlled trials show pistachios support post-exercise recovery.^{1,2}

Studies suggests regular pistachio intake may help reduce post-exercise muscle soreness as part of a balanced eating pattern.

References:

1. Eur J Sport Sci. 2023;23(12):2400-2410.
2. Metabol Open. 2022;16:100215.