

CHEATSHEET

SPIRULINA GINSENG POST WORKOUT POWER BOWL



I promise you, algae has never tasted so good! Have you ever eaten a form of algae or seaweed? Usually tastes pretty darn salty if ya ask me, but when you take a bite out of this Bounce Ball, you'll WISH these grew on the ocean floor! Bounce Balls are so darn nutritious AND delicious, and their Spirulina Ginseng ball had me feeling inspired to get creative after my workout. I whipped (erm... blended?!) up this recipe and got all of my nutrients packed into this power bowl.

INGREDIENTS

- 30g Canadian Protein premium whey protein blend (I used vanilla flavour, but you could totally make this with chocolate too!)
- 5g Fry's cocoa powder (or skip this and use the chocolate protein)
- 5g guar gum (for that extra fluff!)
- 10g stevia powder
- A sprinkling of cinnamon
- Ice cubes & water
- 20g Nature's Path organic Honey'd Corn Flakes cereal
- 5g Decacer organic maple flakes (I got these at Costco!)
- 1 Bounce Spirulina Ginseng ball



DIRECTIONS

In a blender (I used the single-serving cup of my Ninja blender) combine about 1/2 cup of water (you can adjust that as you mix depending on how thick/smooth you would like your bowl to be) as well as all the protein powder, cocoa, guar gum, stevia and cinnamon. Add in about 8-10 ice cubes. Blend like your life depended on it, and stir frequently as needed to ensure everything gets combined evenly. Pour into a bowl and top with cereal, maple flakes, and Bounce ball (I chopped up my ball so I could get some in every bite!)

NUTRITION INFORMATION

Serving Size: for the entire recipe (as listed above)

Calories: 407.2
Protein: 31.8g
Carbs: 45.8g
Fat: 10.8g
Fibre: 3.7g
Sugar: 16.5g

HEALTHY FUN FACTS FOR YA:

- Spirulina is a form of algae (say what?!) and is packed full of protein, Vitamin B1, iron and calcium.
- Ginseng is a root and can improve mood and brain function, and help reduce stress.
- ALL Bounce balls (and bites!) are super delish, and always gluten-free!

REAL INGREDIENTS FOUND IN BOUNCE SPIRULINA GINSENG BALLS: almonds, brown rice syrup, grape juice, gluten-free oats, brown rice flour, rice bran, raisins, sesame seeds, spirulina, vanilla extract, sea salt, panax ginseng

Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney is not implying that this information will treat, cure or prevent any health complications. This is just information that has been learned, practiced and applied to her own nutrition as well as with a lot of her clients. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.

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