

# Post-Workout Cherry-Ricotta Recovery Shake

**Category:** Snack / Recovery Drink

**Prep Time:** 5 minutes

**Cook Time:** —

**Total Time:** 5 minutes

**Servings:** 1

## Ingredients

- ½ cup (125 g) ricotta cheese
- 1 cup (150 g) frozen cherries
- ½ cup (120 ml) milk of choice (dairy, almond, or oat)
- 1 tsp honey or maple syrup (optional)
- ½ tsp vanilla extract
- Ice cubes (optional, for a chilled shake)

## Instructions

1. Combine **ricotta**, **frozen cherries**, **milk**, **honey**, and **vanilla** in a blender.
2. Blend until smooth and creamy.
3. Add ice cubes if desired and pulse briefly to chill.
4. Pour into a glass and serve immediately.
5. Enjoy post-workout for recovery and energy replenishment.

## Nutrition (per serving)

- **Calories:** 220 kcal
- **Protein:** 14 g
- **Carbohydrates:** 22 g
- **Fiber:** 3 g
- **Fat:** 10 g
- **Calcium:** 250 mg
- **Sugar:** 12 g

## Health Benefits

- **Muscle Recovery:** Ricotta provides leucine-rich protein for muscle repair.
- **Antioxidants:** Cherries contain anthocyanins that help reduce inflammation post-exercise.
- **Hydration & Energy:** Milk and fruit replenish fluids and natural sugars for energy.
- **Bone Support:** Calcium from ricotta aids bone strength after weight-bearing exercises.

## Pro Tips

- Use **fresh or frozen cherries**; frozen helps make the shake colder.
- Add a scoop of **protein powder** for extra recovery support.
- Blend briefly for a smooth, creamy texture, don't over-blend.
- Optional: sprinkle **chia seeds** or **hemp seeds** on top for added nutrition.
- Perfect to pair with a **light snack or fruit** after workout.