

SATIATE SUNDAY SCARIES

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Pounding headache, queasy stomach, and the futile vow to never drink again; Does this sound familiar? Instead of that morning regret and burning urge to skip yet another class, pick yourself up with a delicious, portable, and not nausea-inducing breakfast smoothie that is sure to perk you up and make that hangover a distant memory.

INGREDIENTS AND MATERIALS NEEDED : INSTRUCTIONS :

- 1** . 1 cup coconut water
- 2** . 1 banana, peeled
- 3** . 1/2 c. creamy peanut butter
- 4** . 1 scoop chocolate protein powder *
- 5** . 1/2 c. Greek yogurt
- 6** . 1 pinch salt
- 7** . 2 c. ice
- 8** . Chocolate shavings
- 9** . Cool glass or travel mug
- 10** . Blender

* (protein powder can be substituted for 2 raw eggs & 1 tbsp. cocoa powder)

NEXT TIME YOU FIND YOURSELF IN NEED OF A QUICK-FIX BEFORE CLASS, LOOK NO FURTHER THAN THREAD'S TRIED-AND-TRUE HANGOVER SMOOTHIE. REMINDER: KEEP THESE INGREDIENTS IN THE HOUSE AT ALL TIMES, YOU KNOW, JUST IN CASE.

- 1** . Plug in the blender and take the lid off. (Be careful with every step!)
- 2** . Pour the coconut water in first.
- 3** . Next, add peeled banana, peanut butter, protein powder, yogurt, and salt. (Tip: Substitute two raw eggs and one tablespoon of cocoa powder if you do not have chocolate protein powder.)
- 4** . Lastly, add the ice.
- 5** . Put the lid tightly on the blender and start by pulsing the ingredients. This can be done by pressing and holding the pulse button as many times as needed to start breaking down the bigger ingredients.
- 6** . Once the firmer ingredients break down a good amount, turn the blender on normally and blend until completely mixed. Turn off the blender.
- 7** . Pour the smoothie into a cool glass and garnish with chocolate shavings. (Tip: Chocolate chips work fine too. And, for the busy hungover folks, take it to go!)
- 8** . Enjoy and start feeling better.

