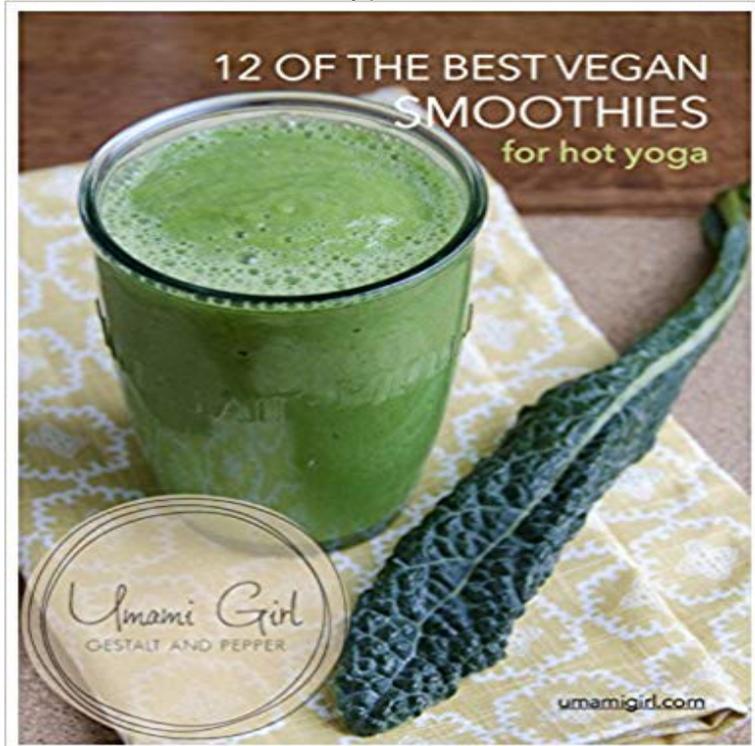


12 of the Best Vegan Smoothies for Hot Yoga



If you practice hot yoga, you already know that while it gives a lot of love, it also demands a lot from your body. With that in mind, fueling and replenishing intelligently can really help take your practice to the next level. It will also ensure that you perform at your best throughout the day, even after the most depleting class.

Author Carolyn Cope has had a dedicated hot yoga practice since February, 2012, including Bikram and other Hot 26-style classes, Power Vinyasa and Fierce Grace. She has also spent years developing lots of smoothie and juice recipes for Serious Eats, the cookbook *We Love Kale*, and the popular food and lifestyle blog Umami Girl. This eBook contains 12 of her favorite plant-powered smoothies, divided into three categories: **FUEL:** These delicious smoothies are full of nutrient-rich dark leafy greens, inflammation-busting, blood-vessel-dilating ingredients like ginger and turmeric, small amounts of healthful fats from avocado and flax seeds, and energy-boosting, electrolyte-replenishing fruits. **RECOVER:** With a 4:1 ratio of easily digested carbs to plant-based protein and plenty of micronutrients, these smoothies are specifically designed to speed muscle recovery and replenish your body after a tough class. Drink them within about half an hour after class to get the most benefit. **RELAX + ENJOY:** These smoothies are great for your bod but also have a bit of a comfort food element to nourish your soul, because sometimes that's exactly what you need. There's also a complete shopping list and advice on smoothie-making equipment. You'll love and rely on these recipes for years to come.

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12 of the Best Vegan Smoothies for Hot Yoga eBook: Carolyn Cope After years of dedicated hot yoga practice, I've put together a useful and beautiful 20-page eBook with 12 of the best vegan smoothie recipes for hot yogis, plus a

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