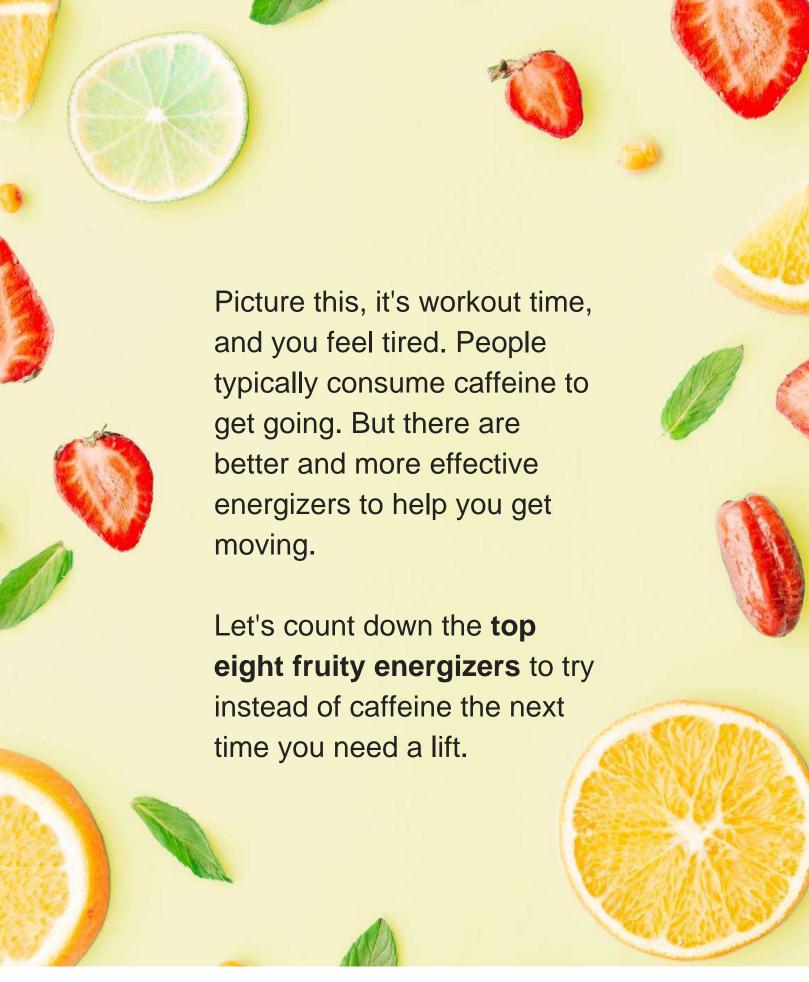


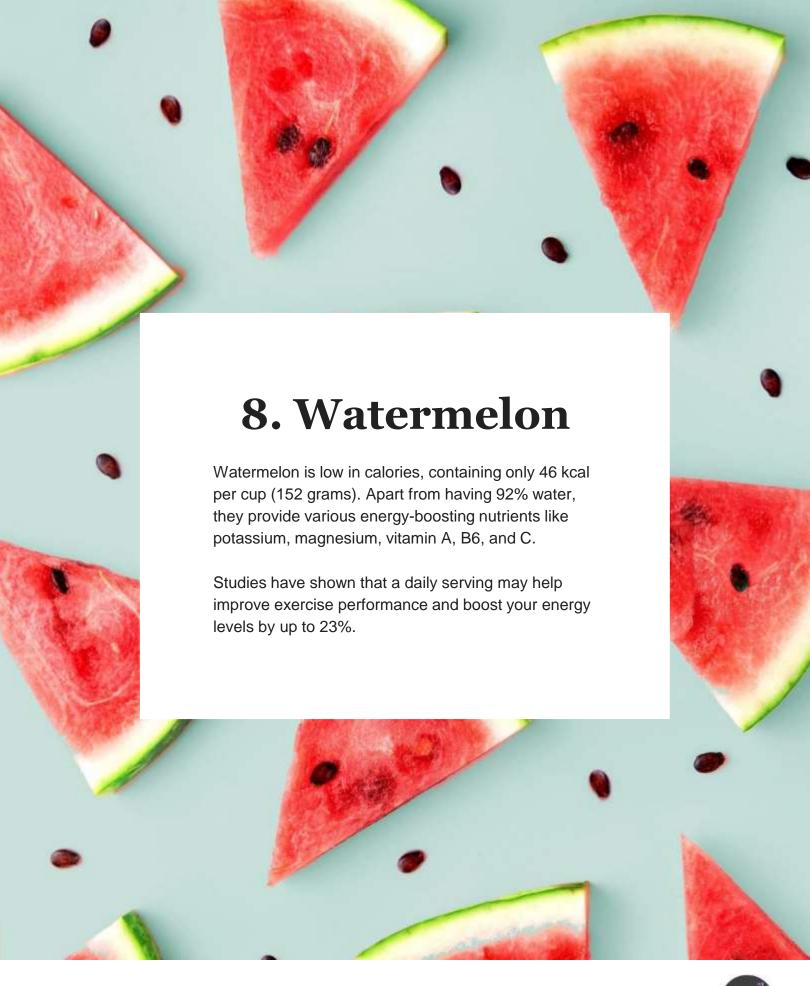


Energizing Fruits To Power Your Workout

Discover the benefits of eight energy-boosting fruits











7. Dates

Dates are nice and chewy with a sweet flavor and are a popular sugar replacement in baking.

Dates contain several vitamins and minerals, in addition to fiber and antioxidants. Fiber is highly beneficial for blood sugar control. It slows digestion and helps prevent blood sugar levels from spiking after eating.

Dates also contain a significant amount of vitamin B, which helps manage the process that converts food to energy.

It's important to note that dates are high in calories and best consumed in moderation.









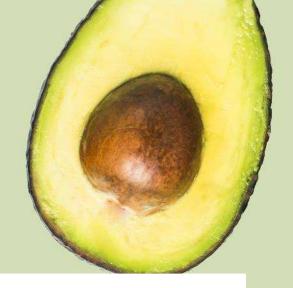










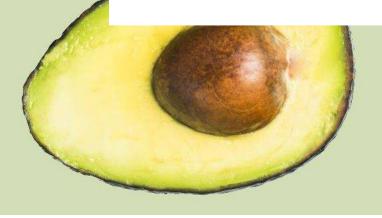


2. Avocados

Avocados are smooth, creamy, and filling fruits used in many kitchens worldwide because of their high nutrients and antioxidants, such as fiber, magnesium, potassium, iron, vitamin A, C, E, K, and B.

Many studies show that the combination of nutrients may increase and sustain your energy level throughout the day.

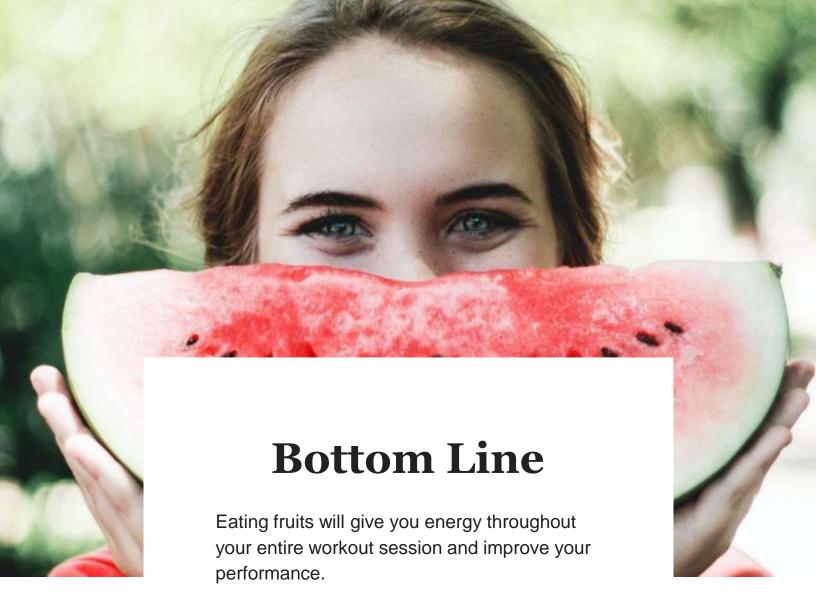
Because of their high level of omega-3, avocados often get looked at as fatty and greasy fruit. But this kind of fat has proven benefits for cholesterol reduction.











Choose the fruit you like the most, and eat it raw or blitz it into a delicious smoothie.

Try this quick-fire smoothie recipe:

1 x banana, 1 x orange, a handful of spinach, 1-2 x scoops of protein powder, Milk of choice Blitz it all together, topped with goji berries.

— Enjoy



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