



**BODYBUILDING.COM™**

### **Hydra-6 Anabolic Recovery Smoothie**

**Ingredients:**

Jumbo rolled oats, 1 cup  
Grenade Hydra 6 (any flavor), 1 scoop  
Milled organic flaxseed, 15 g (~1-1/4 tbsp)  
Smooth peanut butter, 15 g (~1-1/4 tbsp)  
Leucine, 5 g  
Glutamine, 5 g  
Water, 2 cups

**Directions:**

1. Combine oats and flaxseed in a blender. Blend for 30 seconds.
2. Add 2 cups of water along with the protein powder, peanut butter, leucine, and glutamine. Blend all ingredients together for 30 seconds until smooth.
3. Pour into your Grenade shaker and enjoy the gains.