

POWER

Chow

M U S C L E · B U I L D I N G · R E C I P E S



Hannu Selin is considered to be one of the most knowledgeable people on the subject of body-building nutrition.

We have four super power shakes for you this month. Each is designed to fill a specific need. The energy-boost shake gives you more physical stamina. The mass-building shake promotes solid weight gain. The slimmer's shake can be substituted for one of your meals and the anti-catabolic shake is designed to keep your muscles nourished and full-looking.

Don't fall into the trap of settling for a hot dog or fries for a snack. Take a shake (in a thermos to keep cold) to work or school. Add a low-fat muffin or piece of fruit and you're on the right track.

ENERGY-BOOST BANANA BRAN MUFFINS

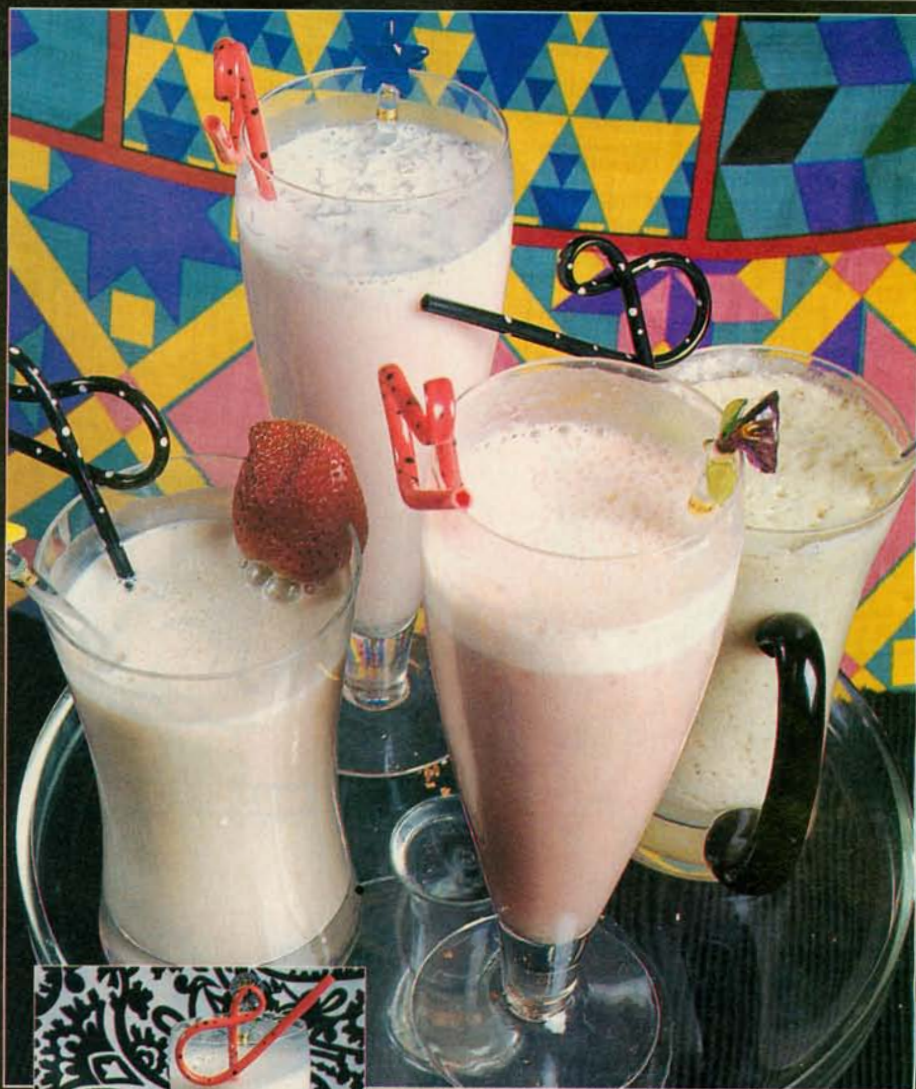
WET INGREDIENTS:

- 2 ripe bananas, mashed with a fork
- 1 egg, slightly beaten
- 1/3 cup light oil
- 2 tbsp. honey
- 1/2 tsp. vanilla
- 1 1/2 tbsp. water

DRY INGREDIENTS:

- 3/4 cup bran
- 3/4 cup whole-wheat pastry flour
- 2 tbsp. wheat germ
- 2 tsp. baking powder
- 1/2 cup raisins

Preheat oven to 350°. Mix wet ingredients in one bowl, and dry ingredients in another. Make a well in the center of the dry ingredients and add the wet mixture all at once. Stir just until moistened. Fill greased muffin tins 2/3 full and bake for 30-35 minutes.



HIGH-ENERGY SHAKE

INGREDIENTS:

- 1/2 cup raspberries
- 1 tbsp. honey
- 1/2 cup 1% milk
- 1/2 cup plain nonfat yogurt
- 2-3 tbsp. milk-and-egg protein

Serve shake chilled, with a warm, energy-boosting bran muffin (see recipe at left).

W I T H · H A N N U · S E L I N

M U S C L E M A G