

MIX + MATCH

LOW FODMAP SMOOTHIES + SMOOTHIE BOWLS

FUEL YOUR BODY WITH A DELICIOUS BLEND OF FRUITS, VEGETABLES, AND PROTEIN THAT IS JAM-PACKED WITH VITAMINS, MINERALS AND PHYTOCHEMICALS IN EVERY SIP.

STEP 1. PICK YOUR FRUIT

Select 2 or double up on the selection listed below (2 choices equals 1 low FODMAP fruit serving!)

TIP: for thicker smoothie or smoothie bowl, use frozen fruits

1/2 BANANA (FIRM)

potassium rich to help lower blood pressure reducing risk of heart disease and stroke

10 BLUEBERRIES*

antioxidant rich brain booster*

2 TABLESPOONS SHREDDED COCONUT

rich in manganese - plays a key role in fat, protein and carbohydrate metabolism

1/2 MEDIUM DRAGON FRUIT

provides vitamin C, a powerful antioxidant

1 MEDIUM KIWI

rich in antioxidant vitamin C and natural occurring enzymes that aid protein digestion

1 PASSIONFRUIT

a source of immune boosting vitamin A and C

1/2 CUP PINEAPPLE

vitamin C for immune health; folate and thiamine for normal metabolism

15 RASPBERRIES*

rich in anthocyanins and ellagitannins, which may lower risk of cancer

5 MEDIUM STRAWBERRIES*

just 5 strawberries provides nearly 100% of your vitamin C needs

*The blue and red colors in blueberries, raspberries and strawberries are attributed to the flavanol, anthocyanin, a powerful antioxidant with anti-inflammatory properties. The phytochemicals in berries have been shown to improve memory and slow aging

STEP 2. ADD A PROTEIN BOOSTER

2 TABLESPOONS PEANUT BUTTER

a source of resveratrol for brain health

3 TABLESPOONS PLAIN GREEK YOGURT

Greek yogurt has less lactose than traditionally made yogurt, use it if tolerated; probiotics, calcium and protein rich

4 OUNCES PLAIN LACTOSE FREE YOGURT

such as Green Valley Organics® brand: probiotic booster and source of zinc; important for immune function

4 OUNCES PLAIN LACTOSE FREE KEFIR

such as Green Valley Creamery® plain kefir - rich in probiotics

2 TABLESPOONS WALNUTS

source of anti-inflammation boost, omega 3 fatty acids

10 BRAZIL NUTS

rich in selenium plays a role in thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage

10 ALMONDS (OR 1 TABLESPOON ALMOND BUTTER)

rich in antioxidant vitamin E; calcium and iron too

RICE PROTEIN POWDER

such as Nutribiotic's® Plain Rice Protein Powder or Chocolate Rice Protein Powder - protein booster

WHEY PROTEIN ISOLATE POWDER

such as Biochem® Vanilla Whey Protein

EGG WHITE PROTEIN POWDER

such as Jay Robb's® unflavored egg white protein powder

STEP 3. ADD AN IMMUNITY BOOSTER

1/4 CUP WASHED BABY SPINACH OR BABY KALE

a serving of green leafy vegetables a day is shown to improve brain function

1-2 TABLESPOONS CANNED PUMPKIN

excellent source of magnesium, vitamin E, and beta carotene

2 TEASPOONS FLAXSEEDS

boost fiber and anti-inflammatory omega 3 fats

1 TABLESPOON CHIA SEEDS

a seed name by the ancient Mayans meaning: "strength" increases omega 3 fats, magnesium and fiber

1/2 TEASPOON GINGER (DRY SPICE) OR 1 TABLESPOON FRESH GRATED GINGER

ancient medicine aids digestion helping stomach contract and empty

1 TEASPOON TURMERIC

in the ginger family, turmeric is one of the most potent anti-inflammatory spices for the body

1 TEASPOON CINNAMON

coined a natural antibiotic and anti-inflammatory spice

1-2 TEASPOON(S) COCOA OR CACAO POWDER

anti-inflammatory and antioxidant powers

1-2 TEASPOONS PUMPKIN SEEDS (HULLED, PEPITAS)

enhances zinc, magnesium, and vitamin E intake. Magnesium is required for the synthesis of all important antioxidant, glutathione, Glutathione scavenges free radicals and is a detoxifying agent

1/8 AVOCADO

good source of potassium, vitamin A and anti-inflammatory fats

1/4 CUP OATS (UNCOOKED)

combination of soluble and insoluble fiber that supports motility and feeds healthy gut microbes. Whole grain oats contain key minerals for bone health: (phosphorus, potassium, magnesium and calcium)

STEP 4. ADD A FLAVOR ENHANCER (OPTIONAL)

1/2 TEASPOON VANILLA OR ALMOND EXTRACT

1 TABLESPOON LEMON OR LIME JUICE OR ZEST

1-2 TEASPOON(S) COCOA POWDER

1 TEASPOON PURE MAPLE SYRUP

STEP 5. BLEND IT TOGETHER WITH A CREAMY BASE

Add 1/4-1/2 cup milk of choice, to desired consistency

COCONUT MILK (CANNED, LIGHT)

ALMOND MILK

HEMP MILK

LACTOSE FREE MILK

STEP 6. THICKEN IT UP (OPTIONAL)

Add ice to thicken up the smoothie to desired consistency

TIP: freeze coconut milk into ice cube trays and add a few to smoothie or smoothie bowl for flavor and creaminess