




Bloat-Fighting Tropical Smoothie

#snack #breakfast #vegan #vegetarian #glutenfree #eggfree #dairyfree #smoothie #paleo #nutfree #lowfodmap #elimination #nightshade-free

 8 ingredients  5 minutes  2 servings

Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

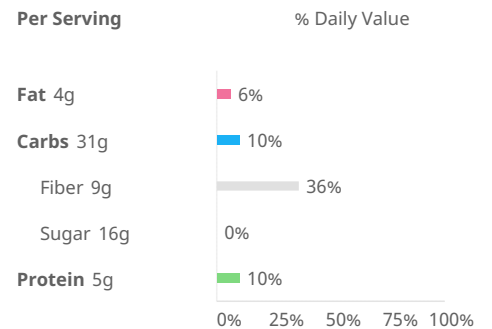
Likes it Sweet Add raw honey.

More Protein Add hemp seeds or a scoop of vanilla protein powder.

Ingredients

- **1 cup** Papaya (chopped)
- **1 cup** Pineapple (chopped)
- **1** Cucumber (chopped)
- **5** Ice Cubes
- **1/2 cup** Mint Leaves
- **1 cup** Baby Spinach
- **2 tbsps** Chia Seeds
- **1 cup** Water

162 Calories



Gut Healing Green Smoothie

#snack #breakfast #vegetarian #paleo #eggfree #glutenfree #dairyfree #smoothie #nutfree #autoimmune #nightshade-free

🛒 8 ingredients ⌚ 5 minutes 🍽️ 2 servings

Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

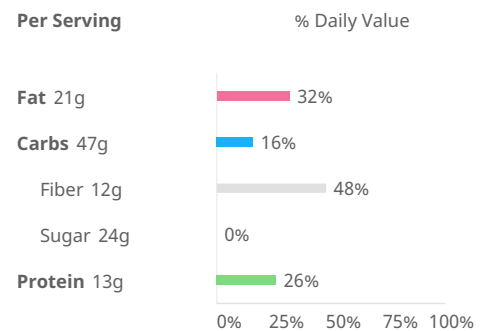
Notes

- No Kale** Use spinach instead.
- No Honey** Use maple syrup, dates or extra banana to sweeten instead.
- Likes it Creamy** Use almond milk instead of water for extra creaminess.
- Storage** Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients




- **2 1/2 cups** Water (cold)
- **2 cups** Kale Leaves
- **1/2** Avocado (peeled and pit removed)
- **1** Banana (frozen)
- **1 tbsp** Chia Seeds
- **2 tbsps** Ground Flax Seed
- **1/4 cup** Hemp Seeds
- **2 tbsps** Raw Honey

399 Calories



Green Blender Juice or Smoothie

#juice #breakfast #snack #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #smoothie #dairyfree #lowfodmap #elimination #autoimmune #nightshade-free

 7 ingredients  5 minutes  1 servings

Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

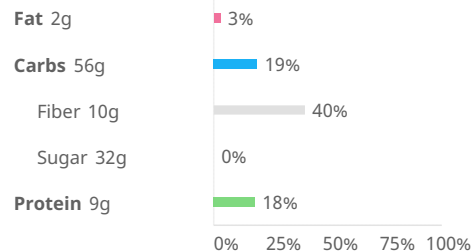
Ingredients

- **1 1/2 cups** Pineapple (diced)
- **1** Cucumber (diced)
- **1 cup** Parsley
- **4 cups** Baby Spinach
- **1 tbsp** Ginger (peeled)
- **1** Lemon (juiced)
- **10** Ice Cubes

235 Calories




Per Serving

% Daily Value



Blueberry Detox Smoothie

#breakfast #eggfree #snack #vegetarian #vegan #smoothie #glutenfree #dairyfree #lowfodmap #nightshade-free

 5 ingredients  5 minutes  2 servings

Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

More Protein Add protein powder, hemp seeds or nut butter.

No Banana Sweeten with raw honey, maple syrup or soaked dates instead.

Storage Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Ingredients

- **2 cups** Frozen Blueberries
- **2 cups** Baby Spinach
- **2** Banana (peeled, chopped and frozen)
- **2 tbsps** Chia Seeds
- **2 cups** Unsweetened Almond Milk

280 Calories

Per Serving

% Daily Value

Fat 7g

11%

Carbs 53g

18%

Fiber 14g

56%

Sugar 28g

0%

Protein 7g

14%

0% 25% 50% 75% 100%

Post Workout Green Smoothie

#snack #breakfast #vegetarian #eggfree #nutfree #smoothie #glutenfree #dairyfree #lowfodmap #autoimmune #nightshade-free

🛒 5 ingredients ⌚ 5 minutes 🍷 2 servings

Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach Use kale instead.

No Protein Powder Add a few spoonfuls of hemp seeds.

Ingredients

- **1/4 cup** Protein Powder (vanilla)
- **2 cups** Water (cold)
- **1/2** Avocado
- **1** Banana (frozen)
- **2 cups** Baby Spinach

183 Calories

Per Serving

% Daily Value

