

# 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*