



Banana-pineapple Green Smoothie

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By: Emily Haller, MS, RDN, Haller Health and Wellness, outpatient dietitian with the Division of Gastroenterology at Michigan Medicine



International Foundation for Gastrointestinal Disorders (www.iffgd.org)

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Smoothies can be an easy and delicious way to nourish your body with essential nutrients. Whether you're enjoying a smoothie as a meal or a snack, there are endless options when it comes to ingredients and customizations.

To prevent your smoothie from being a sugar-bomb use water or an unsweetened-plant milk instead of juice and don't over do the fruit. Aim to keep the fruit to ~1 cup per serving. Tip: Use frozen fruit to make a creamier smoothie. This may eliminate the need for ice cubes. Additionally, adding a few tablespoons of rolled oats can also thicken a smoothie.

Add some green to your smoothie with a few handfuls of spinach, kale, or swiss chard. These green veggies shouldn't really change the flavor of the smoothie but will deliver fiber and antioxidants! Tip: Using citrus, like lemon, in a smoothie with greens helps cut down on any bitterness and "hides" the greens without adding sugar.

Round out a perfect smoothie with a source of healthy fat and/or protein by adding seeds, a nut- or seed-butter, few slices of avocado, or protein powder. Tip: Keep nut butters and seeds to 1-2 tablespoons per serving.

For those with certain digestive issues a smoothie can be a great way to get in nutrient-dense fruits and vegetables in an easy-to-digest way since they are blended. This refreshing banana-pineapple smoothie is vegan and low FODMAP:

Ingredients:

- ½ ripe banana
- ¼ cup frozen pineapple
- 1 cup, loosely packed, spinach
- 1 peeled lemon wedge (1/4 of a lemon)
- 1/2 tablespoon natural peanut butter
- 1/8 teaspoon (or a few dashes) of ground ginger
- 3-4 ice cubes



Instructions: Combine all ingredients in blender, blend ~1-2 minutes until smooth

For more information visit: Hallerhealthandwellness.com

All information presented here has been adapted from Emily Haller, Haller Health and Wellness blog.

About IFFGD

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IFFGD

537 Long Point Road, Suite 101
Mt Pleasant, SC 29464

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