

## Banana Blueberry Smoothie

4 Ingredients, 2 serves, 5 Minutes Total Time

1 cup spinach  
1/2 cup blueberries (frozen)  
1 banana  
1 cup milk of choice

### Instructions

Blend all ingredients in blender, with a few ice cubes. Serve.

### Warnings

\*\*SPINACH: less than 150g per meal for SIBO phase 1 & 2

\*\*BLUEBERRIES: SIBO phase 2 allows 2 serves of fruit per day. 1/2 cup berries = one serve.  
Avoid blackberries on SIBO.

\*\*BANANA: Cavendish variety bananas are low in Salicylate content. SIBO phase 2 allows 2 serves of fruit per day, 1/2 banana is one serve.

\*\*MILK OF CHOICE: There are milk varieties to suit all diets: dairy free, lactose free, nut free etc - choose the one that is right for you

### Nutritional Information (per serving)

Calories	345
Total Fat	27g
Saturated Fat	25g
Cholesterol	--
Sodium	31mg
Total Carbohydrate	24g
Dietary Fibre	5g
Sugars	14g
Protein	4g
Calcium	39mg
Iron	3mg
Magnesium	72mg
Phosphorus	143mg
Potassium	609mg
Vitamin C	16mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg