

Green Smoothie



4 Ingredients, 2 Servings, 5 Minutes Total Time

1 cup water (or coconut water)

1 cup spinach (leaves)

1/2 cup strawberries

1 banana

Instructions

- Add all ingredients.
- Blend well.
- Serve.

Warnings

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

**STRAWBERRIES: SIBO phase 2 allows 2 fruit serves per day. 1/2 cup berries = 1 serve.

**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.

Nutritional Information (per serving)

Calories	68
Total Fat	--
Saturated Fat	--
Cholesterol	--
Sodium	15mg
Total Carbohydrate	17g
Dietary Fibre	3g
Sugars	9g
Protein	1g
Calcium	36mg

Iron	1mg
Magnesium	35mg
Phosphorus	29mg
Potassium	353mg
Vitamin C	32mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--