

Gut Healing Purple Smoothie



5 Ingredients, 2 serves, 2 Minutes Total Time

- 1 tablespoon avocado
- 1 cup blueberries (frozen)
- 1 banana (frozen)
- 2 cups kale (purple)
- 1/4 cup milk of choice

Instructions

Blend and serve!

For Autoimmune Paleo diet, use coconut milk.

Warnings

****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.

****KALE:** (curly kale is high oxalate, lacinato/dino, cooked and drained is low oxalate)

****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	190
Total Fat	7g
Saturated Fat	6g
Cholesterol	--
Sodium	31mg
Total Carbohydrate	30g

Dietary Fibre	4g
Sugars	15g
Protein	5g
Calcium	112mg
Iron	2mg
Magnesium	61mg
Phosphorus	112mg
Potassium	648mg
Vitamin C	93mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg