

Lemon, Ginger & Banana Smoothie

4 Ingredients, 2 Servings, 5 Minutes Total Time

1 cup water
1 banana
1 teaspoon fresh ginger (minced)
1 lemon (juice only)

Instructions

- Combine all ingredients.
- Blend well in a blender, add some ice cubes, blend some more and serve!

Warnings

**BANANAS: 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	65
Total Fat	--
Saturated Fat	--
Cholesterol	--
Sodium	4mg
Total Carbohydrate	18g
Dietary Fibre	3g
Sugars	8g
Protein	1g
Calcium	26mg
Iron	--
Magnesium	22mg
Phosphorus	20mg
Potassium	273mg
Vitamin C	27mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--