

Kale Berry Smoothie

4 Ingredients, 2 serves, 5 Minutes Total Time

1 cup spinach (or dinosaur kale)

1/4 cup coconut milk

1/2 cup blueberries (frozen, or raspberries/strawberries)

3 kale (stalks, red)

Instructions

- Blend and serve!

Warnings

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

**COCONUT MILK: 1/4 cup coconut milk allowed per meal on 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.

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

Nutritional Information (per serving)

Calories	94
Total Fat	7g
Saturated Fat	6g
Cholesterol	--
Sodium	17mg
Total Carbohydrate	8g
Dietary Fibre	2g
Sugars	5g
Protein	1g
Calcium	24mg
Iron	1mg
Magnesium	26mg
Phosphorus	43mg
Potassium	198mg
Vitamin C	10mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg