

## Raspberry Smoothie

4 Ingredients, 2 serves, 5 Minutes Total Time

1 tablespoon pure maple syrup (or sweetener of choice)

1/2 cup raspberries (frozen)

1/4 teaspoon ground cinnamon\*

1 cup milk of choice

### Instructions

- Blend with a few ice cubes. Serve.

### Warnings

\*\*RASPBERRIES: SIBO phase 2 allows 2 serves of fruit per day. 1/2 cup berries = 1 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	320
Total Fat	27g
Saturated Fat	25g
Cholesterol	--
Sodium	19mg
Total Carbohydrate	17g
Dietary Fibre	5g
Sugars	11g
Protein	3g
Calcium	41mg
Iron	2mg
Magnesium	53mg
Phosphorus	129mg
Potassium	386mg
Vitamin C	11mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--