

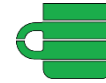


Low FODMAP Banana Bread Smoothie

Serves: 1

Prep: 5 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
1 firm (slightly green) banana, peeled, sliced and frozen	112 g	4 oz
½ cup unsweetened almond milk (calcium-fortified)	175 g	6.2 oz
¼ cup rolled oats	30 g	1 oz
¼ cup plain low-fat Greek yoghurt*	65 g	2.3 oz
½ tsp vanilla essence	2.5 g	0.09 oz
1 pinch of cinnamon		
1 pinch of nutmeg		
½ tsp maple syrup (optional - if you like a sweeter smoothie)	6.3 g	0.2 oz

Method

1. Add all ingredients into a blender and blend until smooth and creamy. Serve immediately!

Hints

- Use a lactose free variety of Greek yoghurt if you malabsorb lactose.
- Simply omit yoghurt to make this smoothie suitable for vegans, or for an even more decadent twist, add 1 tsp of natural peanut butter!
- Using slightly green bananas boosts the resistant starch (natural prebiotic) content of your smoothie!

Nutrition Information (per serve)	
Energy	1373 Kj / 328 cal
Protein	10.30g
Carbohydrates	52.90g
Sugar	28.60g
Total Fat	7.70g
Saturated Fat	2.40g
Fibre	6.30g