



# Low FODMAP Green Smoothie

Serves: 1

Prep: 5 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
Fresh pineapple (chopped into pieces & frozen, see hints)	130 g	4.6 oz
1 cup of baby spinach	38 g	1.3 oz
60ml (¼ cup) natural yoghurt (or lactose-free yoghurt)	65 g	2.4 oz
80ml (⅓ cup) soy protein milk (almond milk, lactose free milk, hemp milk or coconut milk)	86 g	3 oz
1 tbsp dried shredded coconut	6 g	0.2 oz
2 tsp chia seeds	6 g	0.2 oz
6 large ice cubes		

## Method

1. Place the pineapple pieces, baby spinach, goat's milk yoghurt, soy protein milk (or low FODMAP milk), dried shredded coconut, and chia seeds into the blender. Then add the ice cubes – if you are using unfrozen pineapple, add a couple more ice cubes.
2. Blend until smooth. If your mixture is too cold and won't blend, add a little bit more low FODMAP milk and then continue blending.
3. Serve immediately and enjoy!

## Hints

### Buying tip:

- If you decide to use soy milk make sure it is made from soy protein and not hulled or whole soybeans (these contain higher levels of FODMAPs).

### Advanced Prep:

- Peel and then remove the core of the pineapple, before chopping into small pieces. Lay the pineapple pieces on a sheet of baking paper on a baking tray and pop into the freezer until frozen (this will stop the pineapple freezing into one big lump). Then transfer the pieces into a plastic bag or container and place back into the freezer.

Nutrition Information (per serve)	
<b>Energy</b>	834 Kj / 199 cal
<b>Protein</b>	7.60g
<b>Carbohydrates</b>	14.90g
<b>Sugar</b>	21.40g
<b>Total Fat</b>	10.30g
<b>Saturated Fat</b>	5.90g
<b>Fibre</b>	7.80g