

Low FODMAP Kiwi Kakadu Plum Smoothie Bowl

Serves: 1

Prep: 2 minutes

Cook: 2 minutes



Ingredients	Metric	Imperial
1 medium unripe banana	100 g	3.5 oz
1/2 cup your choice of low FODMAP milk	130 g	4.6 oz
2 green kiwi fruit, peeled	155 g	5.5 oz
1/2 cup chopped kale, stems & stalks removed	60 g	2.1 oz
1 tsp Kakadu plum powder*		
handful of ice		

Method

1. Place all ingredients in a blender or smoothie maker. Add more milk or ice to your desired consistency.
2. Top with preferred toppings and serve immediately.

Hints

Some of our favourite low FODMAP toppings include:

- A sprinkle of our Maple granola
- Natural peanut butter
- Chia seeds
- A dollop of coconut yoghurt

*For those who don't have access to Kakadu plum powder, simply substitute it out.

Nutrition Information (per serve)	
Energy	1028 Kj / 246 cal
Protein	6.40g
Carbohydrates	38.80g
Sugar	29.60g
Total Fat	4.90g
Saturated Fat	0.50g
Fibre	9.00g