



Low FODMAP Summer Berry Smoothie

Serves: 4

Prep: 5 minutes

Cook: No cooking
required

| Ingredients | Metric | Imperial |
|-------------------------------------------------------------|--------|----------|
| 1 large ripe banana (or 2-3 unripe, slightly green bananas) | 100 g | 3.5 oz |
| 20-30 blueberries | 40 g | 1.4 oz |
| Soy milk (made from soy protein, not whole soy beans) | 300 g | 10.6 oz |
| Vanilla yoghurt (lactose free if required) | 250 g | 8.8 oz |
| Lots of ice | | |

Method

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

Hints

- Use lactose-free plain yoghurt and add 2 drops of vanilla essence, for vanilla flavoured yoghurt
- Use any low FODMAP milk - each variety will give you a different flavour.
- Add 1 tsp of flaxseed oil for essential fatty acids, omega 3 and omega 6.
- Add 1 tsp of oat bran for extra fibre.
- Add 1-2 tsp of maple or rice-malt syrup (or honey when reintroducing foods) for extra sweetness.
- If you are reintroducing foods into your diet, try adding a higher FODMAP containing fruit into the mix – you only need to add in a small amount to start with. For example, try 30g of mango or 30g of watermelon and add it with banana or strawberries or both.
- If you are reintroducing lactose-containing dairy into your diet, try any yoghurt you have been missing. It may be fruit-based, plain or vanilla.
- Including dairy adds calcium to the diet for growing bones and the need for maintaining good bone health as we get older.
- Dairy is also a great source of protein for the recovery and repair of tired muscles and an energy booster after an endurance event, or a day of hard labouring work.
- The addition of fruit helps add fibre to your diet, essential for good bowel health, and contain vitamins and antioxidants which is always a plus.

| Nutrition Information (per serve) | |
|-----------------------------------|-----------------|
| Energy | 406 Kj / 97 cal |
| Protein | 5.90g |
| Carbohydrates | 10.70g |
| Sugar | 9.10g |
| Total Fat | 3.30g |
| Saturated Fat | 1.60g |
| Fibre | 0.80g |