



Low-FODMAP Green Smoothie

Ingredients:

- ¾ cup lactose-free yogurt or kefir
- ½ cup ice cubes
- ½ cup blueberries or banana
- 1 cup spinach, kale or other greens
- 1 teaspoon fresh ginger
- 1 teaspoon walnut oil
- 1 scoop 99% lactose-free whey protein powder
- 1 tablespoon chia seeds
- 1-2 drops liquid stevia extract, optional

Procedure:

- Combine the ingredients in a blender, and blend on high speed until a uniform slushy texture forms. If the blender blades won't engage, add a little water. Allow the chia seeds to hydrate for a few minutes to thicken the smoothie. Consume promptly, chill in the refrigerator or store in an insulated beverage container until serving.

Serves: 1

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.