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SMOOTHIE
RECIPES



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VERY BERRY SMOOTHIE

↓
Blueberries are considered a superfood, and what a delicious one they are! In fact, they have the highest dose of antioxidants of any commonly eaten fruit or vegetable.

↓
250 ml/ 1 cup frozen berries such as blueberries and strawberries

↓
60 ml/ 4 tablespoons chilled coconut milk

↓
1 ripe banana, peeled

↓
½ a small avocado, peeled

↓
1 knob fresh ginger, peeled and finely grated

↓
Blitz everything together in a smoothie machine.

↓
Pour into a serving glass.

SERVES 1



BANANA ALMOND BREAKFAST SMOOTHIE

↓
This morning smoothie gives you enough nutrients to get through an entire morning without getting hungry. The almond milk and butter provide protein, while the bananas give a valuable dose of fibre and potassium.

↓
400 ml almond milk

↓
2 frozen bananas

↓
30 ml/ 2 tablespoons almond butter

↓
15 ml/ 1 tablespoon maple syrup

↓
1 teaspoon turmeric powder

↓
Put everything into the blender jug and blend until nice and smooth.

↓
Pour out into two glasses and serve immediately.

MAKES 2



TROPICAL SMOOTHIE

↓
Mangoes are known as the “king of fruits” and their virtues have been prized for thousands of years. They contain enzymes which aid with the digestion of protein, along with plenty of fibre, which keeps the digestive tract swept clean. You’ll also be getting a large amount of vitamin C from both the mangoes and the pineapple in this refreshing smoothie.

↓
125 ml/ ½ cup aloe vera juice
↓
125 ml/ ½ cup frozen pineapple pieces
↓
125 ml/ ½ cup frozen mango pieces
↓
1 frozen banana
↓
Juice of ½ a lime
↓
1 tablespoon coconut oil
↓
Mint to garnish

↓
Put everything together in a blender and blend until smooth.
↓
Pour into a large glass and garnish with a mint sprig.
↓
Serve at once.

SERVES 1



CACAO & BANANA SMOOTHIE

↓
Cacao nibs are basically the beans that chocolate is made from, cut up into small pieces. You're getting all the flavour of chocolate without the sugar or dairy. They're full of fibre and antioxidants, plus loads of potassium, iron and magnesium.

↓
1 frozen banana, peeled and cut up
↓
2 fresh dates, pitted and chopped (more if you prefer it sweeter)
↓
125 ml/ ½ cup non-dairy milk of your choice
↓
15 ml/ 1 tablespoon cacao nibs plus a few for garnish
↓
Few drops of vanilla extract

↓
Put banana, dates, milk substitute, cacao and vanilla into a blender.

↓
Puree until properly smooth.

↓
Pour into a large glass and garnish with cacao nibs.

SERVES 1



GUT-FRIENDLY GREEN SMOOTHIE

↓
The aloe vera in this fresh-looking smoothie starts its work in your mouth already. It has been shown to reduce tooth plaque just as well as most mouth washes! Also, if you have mouth ulcers, aloe vera helps them to heal quickly.

↓
250 ml/ 1 cup water

↓
1 ½ cups crushed ice

↓
1 cup kale leaves, shredded

↓
1 cup baby spinach

↓
½ ripe avocado, peeled and stoned

↓
1 banana (frozen)

↓
About 125 ml/ 1 medium aloe vera leaf, filleted

↓
15 ml/ 1 tablespoon chia seeds

↓
15 ml/ 1 tablespoon ground flaxseeds

↓
45 ml/ 3 tablespoons hemp seeds

↓
Put everything except the ice into a blender and blend until smooth.

↓
Divide ice into 2 glasses and pour smoothie over the top.

↓
Serve at once.

MAKES 2 GLASSES



CREAMY COCONUT SMOOTHIE

↓
Kale is one of the most nutrient-dense foods around. Eating it blanched like this gives one a good dose of vitamin C, which is destroyed when it's cooked. The stems contain prebiotics- so don't leave them out!

↓
250 ml/ 1 cup unsweetened full-fat coconut milk

↓
250 ml/ 1 cup shredded kale, blanched

↓
250 ml/ 1 cup shredded baby spinach

↓
½ ripe avocado, peeled and stoned

↓
1 frozen banana, cut into chunks

↓
5 ml/ 1 teaspoon freshly grated ginger

↓
5 ml/ 1 teaspoon chia or flax seeds

↓
5 ml/ 1 teaspoon hemp seeds

↓
4 fresh dates, to sweeten

↓
Put everything into a blender and blend well for about 2 minutes.

↓
Put ice into 2 glasses and pour the smoothie mixture over the top.

↓
Serve at once.

MAKES 2 GLASSES



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