

Smoothie #1

Ingredients

- 2 cups coconut milk
- 1/2 cup blueberries
- 1 banana
- 1/2 tablespoon honey or Maple syrup

(Avoid if on a SIBO elimination plan)

- 1/4 teaspoon cinnamon

Method

Blend all ingredients with a regular or immersion blender. This blueberry pie smoothie recipe is sure to be a hit.



Smoothie #2

Ingredients

- 1 cup coconut milk
- 1 frozen banana
- 1 tablespoon [cacao powder](#)
- 1/2 tablespoon honey or Mapel Syrup

(Avoid if on a SIBO elimination plan)

- 2 teaspoons vanilla extract
- 1 cup ice cubes

Method

Blend all ingredients with a regular or immersion blender. It's like a Frosty, but you know, not filled with ick.



Smoothie #3

Ingredients

2 cups coconut milk

1 banana

1/2 cup strawberries

(Avoid if on a SIBO elimination plan and having active GI symptoms: gas, bloating, indigestion etc)

1/2 tablespoon honey or Maple Syrup

(Avoid if on a SIBO elimination plan)

2 teaspoons vanilla extract



Method

Blend all ingredients with a regular or immersion blender. Banana plus strawberries with coconut milk. Can't get simpler than that.

Smoothie #4

Ingredients

2 cups coconut milk

2 frozen bananas

1 avocado

1 tablespoon [cacao powder](#)

1/2 tablespoon honey or Maple syrup

(Avoid if on a SIBO elimination plan)

2 teaspoons vanilla extract



Method

Blend all ingredients with a regular or immersion blender.

Smoothie #5

(This recipe is adapted from Dr. Mullin's Inside Tract Smoothie)

- 8 oz chilled water
- ½ small banana, frozen
- 1 cup steamed spinach leaves (about 2 cups raw)
 - (Can also substitute any green you have: bok choy, kale, chard, beet greens, dandelion greens, etc)
- 1 scoop organic brown rice powder
- 1 scoop organic vegetable and fruit powder (We like Paradise Pea Protein Greens) but choose any that you like.
- 2 teaspoons balanced 3-6-9 liquid oil
- Spices and herbs such as ginger, mint, cinnamon, turmeric, lavender, etc as tolerated.

Directions:

1. Mix all ingredients in a high speed blender and process until smooth
2. serve and drink immediately.



[Paradise \(Pea\) Protein and Greens](#)



[Udo's Oil 3-6-9 Blend](#)

Consider adding these ingredients as tolerated

for variation and to increase satiety and nutritional value:

- coconut water
- flax oil (1-2 T)
- 3-6-9 Liquid Oil (Essential fatty Acids / Fish oil)
- chia seeds
 - ground in coffee grinder,
 - or put into a powerful blender, powerful enough to skip pre-grinding.
- fresh spinach, kale, cauliflower, broccoli, bok choy, beet greens, dandelion greens (monitor tolerance)
 - Steam these if you have low thyroid issues
- fresh mint leaves
- Additional fruits: nectarines, apples (as tolerated)
- Liquid Mineral to help with making the smoothie more alkaline and to support increased energy

Consider the Following Ideas:

- Unripe bananas that are still about one-third green are more lubricating for the intestines than ripe bananas and can be used to treat constipation. When they're ripe, with some brown spots forming, they can treat diarrhea. (Browning of a fruit just means the fruit is fermenting, so it's already starting to digest itself and causes less stress on a weak digestive system.)
- ***Don't make an "everything but the kitchen sink" smoothie*** that can cause some intestinal distress. Stick with a few ingredients and keep a record of what your body likes and dislikes. As you experiment, you can also adjust the amount of liquid to reach your desired consistency.
- Consider Apples Raw apples are high in pectin and fiber and can help bring fluids into the bowel and treat IBS-C. Apples in applesauce form helps treat IBS-D.

Improving Satiety and Ensuring Protein

To Improve Satiety at the end of meals and between meals Add 2 Tablespoons or scoops as directed on the label of Rice Protein powder to your smoothie along with liquid minerals.

Rice protein powder

brown rice protein (sprouted, organic) is low FODMAP in 2 tablespoons (40g) serves



[NutriBiotic Rice Protein Vanilla](#)
[NutriBiotic Rice Protein Plain](#)



[Naked Rice Organic Brown Rice Protein](#)



[TerraSoul Sprouted Brown Rice Protein Powder- Organic](#)



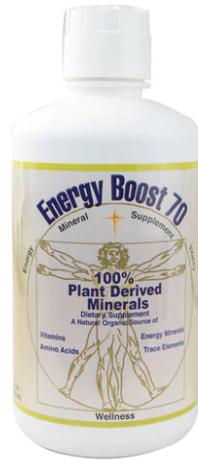
[Jarrow Formulas' Brown Rice Protein - Organic](#)



[NOW sports Sprouted Brown Rice Protein](#)



[North Coast Natural's Organic Sprouted Raw Brown Rice Protein](#)



Energy Boost 70 Liquid Mineral

Add 1 capful daily to the protein smoothie
(consider adding 2 - 3 capfuls daily when their is greater need)