



Banana-pineapple Green Smoothie

By: Emily Haller, MS, RDN, Haller Health and Wellness, outpatient dietitian with the Division of Gastroenterology at Michigan Medicine

Smoothies can be an easy and delicious way to nourish your body with essential nutrients. Whether you're enjoying a smoothie as a meal or a snack, there are endless options when it comes to ingredients and customizations.

To prevent your smoothie from being a sugar-bomb use water or an unsweetened-plant milk instead of juice and don't over do the fruit. Aim to keep the fruit to ~1 cup per serving. Tip: Use frozen fruit to make a creamier smoothie. This may eliminate the need for ice cubes. Additionally, adding a few tablespoons of rolled oats can also thicken a smoothie.

Add some green to your smoothie with a few handfuls of spinach, kale, or swiss chard. These green veggies shouldn't really change the flavor of the smoothie but will deliver fiber and antioxidants! Tip: Using citrus, like lemon, in a smoothie with greens helps cut down on any bitterness and "hides" the greens without adding sugar.

Round out a perfect smoothie with a source of healthy fat and/or protein by adding seeds, a nut- or seed-butter, few slices of avocado, or protein powder. Tip: Keep nut butters and seeds to 1-2 tablespoons per serving.

For those with certain digestive issues a smoothie can be a great way to get in nutrient-dense fruits and vegetables in an easy-to-digest way since they are blended. This refreshing banana-pineapple smoothie is vegan and low FODMAP:

Ingredients:

½ ripe banana

¼ cup frozen pineapple

1 cup, loosely packed,
spinach

1 peeled lemon wedge
(1/4 of a lemon)

1/2 tablespoon natural
peanut butter

1/8 teaspoon (or a few
dashes) of ground ginger

3-4 ice cubes



Instructions: Combine all ingredients in blender, blend ~1-2 minutes until smooth

For more information visit:
Hallerhealthandwellness.com

All information presented here has been adapted from
Emily Haller, Haller Health and Wellness blog.

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