

Happy Colon Smoothie

Makes 1 serving

Ingredients:

- 1 cup fresh spinach
- ½ medium banana
- ½ cup frozen mango (or pineapple)
- 1 tablespoon ground flaxseed
- 1 cup unsweetened almond milk (or milk of choice)

Directions:

- Blend until smooth.

Gut Health Highlights

- Excellent source of soluble + insoluble fiber
- Flax adds omega-3s to support gut health.
- Spinach adds magnesium to support regular digestion.
- Prebiotic fiber feeds the good bacteria in your gut.

Nutrition Facts:

- Calories: ~210
- Fiber: ~7–8g
- Protein: ~4–6g (higher if using dairy milk)
- Fat: ~7g (mostly healthy omega-3s from flax)
- Carbohydrates: ~35g
- Added Sugar: 0g (naturally occurring sugars only)

Allergen Information

Contains:

- Tree nuts (if using almond milk)

Potential allergens depending on swaps:

- Dairy (if using cow's milk)
- Soy (if using soy milk)

Naturally:

- Gluten-free
- Egg-free
- Peanut-free (unless cross-contact)

