

Pineapple and ginger gut-soothing smoothie

Preparation time: 5 – 10 minutes, makes 2 smoothies

Ingredients:

- 1 banana, sliced and frozen
- ½ - 1 cup pineapple, fresh or frozen
- Handful fresh spinach / one cube frozen spinach
- 4 tbsp full fat natural organic yoghurt
- 2 cups coconut water (or replace with tap or filtered water)
- Small piece of fresh ginger, peeled and grated
- 1 tbsp chia seeds

Directions:

- Place all ingredients in a Nutribullet or blender and blend until smooth

Why it can help your gut:

- Pineapple contains an enzyme called bromelain, which can help to soothe the gut. For best results, include the pineapple core in your smoothie too
- Ginger has been used to soothe gut symptoms for thousands of years and has been shown to be effective in reducing both bloating and nausea. We prefer the taste of fresh ginger, but ground ginger can also be used
- Chia seeds add bulk in the gut, helping to move food through and ease constipation

If you are constipated, swap the banana for 2 – 4 kiwi fruit to help support more regular bowel movements