

Healthy Digestion Smoothie

Yield: 1 serving

Ingredients:

1 cup pineapple chunks, frozen

½ large banana, frozen

½ cup water

½ cup coconut water

2 tablespoons avocado

1 teaspoon fresh ginger, grated

1 teaspoon lemon juice

1 teaspoon lime juice



Directions:

1. Add all ingredients to blender and blend until smooth consistency. If mixture is not blending, try adding warm water to soften the frozen fruit or add more coconut water if it is too thick. Enjoy!

Nutrition Information per serving (2 1/4 cup):

Calories: 210, Total Fat: 3g, Saturated Fat: 0g, Sodium: 35mg, Cholesterol: 0g, Carbohydrate 43g, Fiber: 6g, Added Sugar: 0g, Protein: 3g

Adapted from: <https://ohsheglows.com/2015/02/12/happy-digestion-smoothie/>



Health Plus: Advancing healthy lifestyle practices.