

# IBD SMOOTHIE GUIDE

## Choose your ingredients



### LIQUID

- Milk or non-dairy beverages (soy, almond, coconut, oat, hemp, etc.)
- Lactose-free milk
- Coconut water
- Pre-brewed tea
- 100% fruit juice
- Water

*Tip: Check labels and compare Vit D, calories, calcium, protein, and sugar content. For example, if you are looking to increase protein in your smoothie, choose soy beverage instead of almond milk*

### FRUIT AND VEGETABLE

- Bananas
- Applesauce
- Peeled apples
- Peeled apricot
- Peeled nectarine
- Peeled peaches
- Peeled pears
- Guava
- Canned fruit in 100% juice (peaches, pears, etc. with the exception of pineapple)
- Seedless jam or jelly
- Lemons or lime juice
- Papaya
- Frozen mango
- Oranges or grapefruit (without membrane)
- Plums
- For vegetables and greens, consider mashed sweet potatoes, pumpkin puree, or avocado.

*Tip: Fresh fruit should be frozen. It gives a smoothie its creamy texture*

### PROTEIN

- Powdered peanut butter
- Smooth nut butters (peanut, almond, tahini, sunflower, cashew, walnut, etc.)
- Silken tofu
- Greek yogurt
- Kefir
- Pre-ground chia
- Ground flax

### SWEETENER

- Honey
- Natural maple syrup
- Agave nectar
- Seedless jam

### ADD IN

- Cocoa powder
- Fresh mint
- Ground cinnamon
- Ground turmeric
- Ground nutmeg
- Ginger powder
- Rolled oats
- Vanilla extract
- Coconut oil

### STEP 1

Add liquid first, always.



### STEP 2

Choose your fruits or vegetables that pair well together.



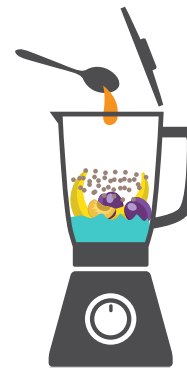
### STEP 3

Add a protein. It thickens the smoothie.



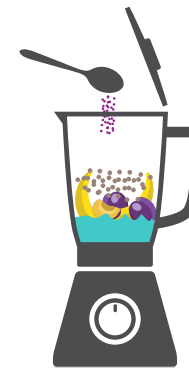
### STEP 4

Sweeten your smoothie with a touch of honey or syrup.



### STEP 5

Go to the next level with add ins, such as spices.



### STEP 6

Top with ice and blend away until smooth. Enjoy!

