

Bloat-Fighting Tropical Smoothie

#snack #breakfast #vegan #vegetarian #glutenfree #eggfree #dairyfree #smoothie #paleo #nutfree #lowfodmap #elimination #nightshade-free

9 ingredients 5 minutes 2 servings

Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Like it Sweet Add raw honey.

A Natural Anti-Bloat Digestive Aid Pineapple has a compound called bromelain in it, which is a natural digestive enzyme and helps support complete breakdown of foods we eat, thereby reducing gastrointestinal bloat. Cucumber is high in silica, caffeic acid (the skin), and vitamin C, which reduce swelling and aid in the prevention of water retention. High fibre chia seeds also support optimal digestion, and mint has muscle-relaxing abilities and can reduce indigestion and belly spasms --> making this smoothie a powerful tummy toning, anti-bloat snack or on-the-go meal replacement!

Papaya, "Fruit of the Angels" One medium sized papaya provides over 200% of your daily vitamin C needs. It also has high concentrations of pro-vitamin A carotenoid phytonutrients. which can help prevent the oxidation of cholesterol. Only when cholesterol becomes oxidized is it able to stick to and build up in blood vessel walls, forming dangerous plaques that can eventually cause heart attacks or strokes. The nutrients in papaya have also been shown to be helpful in the prevention of colon cancer. Papaya's fiber is able to bind to cancer-causing toxins in the colon and keep them away from the healthy colon cells. In addition, papaya's folate, vitamin C, beta-carotene, and vitamin E have each been associated with a reduced risk of colon cancer. source: whfoods.com

Ingredients

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water
- 1/2 cup Vanilla Protein Powder (2 scoops, optional)

162 Calories

