

## Low FODMAP Diet - Breakfast Recipes

Created by Joe Leech | Diet vs Disease





# Carrot Cake Overnight Oats

9 ingredients · 8 hours · 1 serving



## Directions

1. Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

## Notes

### No Coconut Yogurt

Omit, or use another type of yogurt instead.

### Nut-Free

Omit, or use pumpkin seeds.

### Sugar-Free

Omit the maple syrup, or use a sugar-free sweetener of your choice.

### No Almond Milk

Use any other type of milk instead.

### Grated Carrot

Half a medium carrot is equal to about 1/2 cup of grated carrot.

### Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.

## Ingredients

- 1/2 cup Oats (rolled)
- 1/4 Carrot (medium, grated)
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1/8 tsp Ground Ginger
- 2/3 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tbsp Unsweetened Coconut Yogurt
- 1 tbsp Walnuts (roughly chopped)

## Nutrition

Amount per serving

<b>Calories</b>	347	Potassium	385mg
<b>Fat</b>	13g	Calcium	440mg
Saturated	1g	Iron	3mg
<b>Carbs</b>	50g	Folate	23µg
Fiber	9g	Vitamin B12	0.2µg
Sugar	13g	Magnesium	120mg
<b>Protein</b>	9g	Zinc	2mg
Sodium	119mg	Selenium	12µg

# Peanut Butter Cup Overnight Oats

7 ingredients • 8 hours • 1 serving



## Directions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

## Notes

### Storage

Refrigerate up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

### Toppings

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

### Warm it Up

Heat in microwave for 30 to 60 seconds before eating.

### No Maple Syrup

Use honey instead.

### More Fiber

Add ground flaxseed.

## Ingredients

- 1/2 cup Oats (quick or rolled)
- 1/2 cup Unsweetened Almond Milk
- 1 1/3 tbsps All Natural Peanut Butter
- 2 tsps Chia Seeds
- 2 tsps Maple Syrup
- 1 tsp Cocoa Powder
- 2 2/3 tbsps Water

## Nutrition

Amount per serving

<b>Calories</b>	375	Potassium	398mg
<b>Fat</b>	18g	Calcium	321mg
Saturated	3g	Iron	3mg
<b>Carbs</b>	46g	Folate	32µg
Fiber	8g	Vitamin B12	0µg
Sugar	11g	Magnesium	136mg
<b>Protein</b>	12g	Zinc	2mg
Sodium	89mg	Selenium	13µg

# Baked Strawberry Rhubarb Oatmeal

8 ingredients · 50 minutes · 1 serving



## Directions

1. Preheat the oven to 375°F (191°C). Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan.
2. In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
3. Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!

## Ingredients

- 1/2 cup Strawberries (sliced)
- 1/4 cup Rhubarb (diced)
- 2 1/4 tsps Maple Syrup (divided)
- 3 tsps Unsweetened Almond Milk
- 1/4 Egg
- 1/3 cup Oats
- 1/2 tsp Cinnamon
- 1 1/3 tsps Pecans (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	274	Potassium	412mg
<b>Fat</b>	10g	Calcium	180mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	40g	Folate	38µg
Fiber	7g	Vitamin B12	0.1µg
Sugar	14g	Magnesium	75mg
<b>Protein</b>	7g	Zinc	2mg
Sodium	54mg	Selenium	14µg



# Slow Cooker Maple Cinnamon Oatmeal

6 ingredients · 8 hours · 1 serving



## Directions

1. Grease your slow cooker with coconut oil.
2. Add the remaining ingredients to your slow cooker. Do not stir as the ingredients will mix as it cooks. Set the slow cooker to low and cook for 8 hours.
3. Enjoy immediately or divide into separate containers to let cool and refrigerate.

## Notes

### Storage

Refrigerate in an airtight container up to 6 days.

### Toppings

Fruits, nuts, berries, hemp hearts, ground flaxseed, chocolate chips, nut or seed butter, shredded coconut.

### Oatmeal Party

Set up your desired assortment of toppings for each guest to dress their own bowl of oatmeal.

### No Steelcut Oats

Use old-fashioned or rolled oats instead. Note that they will require less cooking time (check at 4 hrs).

## Ingredients

**1/8 tsp** Coconut Oil  
**1/3 cup** Steel Cut Oats  
**1 1/8 cups** Water  
**1/4 tsp** Cinnamon  
**1 1/2 tps** Maple Syrup  
**1/16 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	290	Potassium	267mg
<b>Fat</b>	6g	Calcium	65mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	54g	Folate	0µg
Fiber	6g	Vitamin B12	0µg
Sugar	8g	Magnesium	8mg
<b>Protein</b>	6g	Zinc	0mg
Sodium	154mg	Selenium	0µg

# Strawberry Coconut Overnight Oats

7 ingredients · 8 hours · 1 serving



## Directions

1. Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

## Notes

### Warm It Up

Heat in the microwave for 30 to 60 seconds before eating

### More Protein

Add extra hemp seeds

## Ingredients

- 1/3 cup Oats (quick)
- 1/3 cup Organic Coconut Milk
- 1 1/2 tps Chia Seeds
- 3/4 tsp Maple Syrup
- 3 tbsps Water
- 1/2 cup Strawberries (sliced)
- 1 tbsp Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	397	Potassium	537mg
<b>Fat</b>	25g	Calcium	81mg
Saturated	14g	Iron	3mg
<b>Carbs</b>	35g	Folate	39µg
Fiber	6g	Vitamin B12	0µg
Sugar	8g	Magnesium	141mg
<b>Protein</b>	10g	Zinc	2mg
Sodium	28mg	Selenium	9µg

# Peanut Butter Breakfast Quinoa

8 ingredients · 40 minutes · 1 serving



## Directions

1. Add uncooked quinoa to a medium pot with a tight-fitting lid. Whisk in water, coconut milk, maple syrup, cinnamon and salt.
2. Bring to a gentle boil then reduce to medium-low and cover with lid. Let simmer, stirring frequently to prevent quinoa from sticking to the bottom of the pot, for 25 minutes or until quinoa is tender.
3. Remove from heat and stir in peanut butter until well mixed. Divide into bowls and then top with strawberries. Enjoy!

## Notes

### No Coconut Milk

Any unsweetened nondairy or dairy milk will work.

### No Peanut Butter

Use another natural nut butter like almond.

### Leftovers

Store in the fridge up to 4 days. Reheat with an extra splash of milk or water.

### More Toppings

Crushed peanuts, sliced banana or a drizzle of maple syrup.

## Ingredients

**1/4 cup** Quinoa (uncooked)  
**3/4 cup** Water  
**1/4 cup** Organic Coconut Milk (from the can)  
**1 1/2 tps** Maple Syrup  
**1/8 tsp** Cinnamon  
**1/16 tsp** Sea Salt  
**2 tbsps** All Natural Peanut Butter  
**1/2 cup** Strawberries (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	507	Potassium	649mg
<b>Fat</b>	30g	Calcium	81mg
Saturated	13g	Iron	3mg
<b>Carbs</b>	49g	Folate	124µg
Fiber	6g	Vitamin B12	0µg
Sugar	14g	Magnesium	154mg
<b>Protein</b>	14g	Zinc	2mg
Sodium	176mg	Selenium	5µg



# Zesty Lemon Chia Pudding

5 ingredients • 4 hours • 1 serving



## Directions

1. In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
2. To serve, divide between bowls or mason jars. Enjoy!

## Notes

### Optional Toppings

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds, sliced banana or bee pollen.

### Leftovers

Keeps well in the fridge for 3 to 4 days.

## Ingredients

- 1 cup Unsweetened Almond Milk
- 2 tbsps Lemon Juice
- 1 1/2 tpsps Maple Syrup (or honey)
- 1/2 tsp Vanilla Extract
- 1/4 cup Chia Seeds

## Nutrition

Amount per serving

<b>Calories</b>	304	Potassium	435mg
<b>Fat</b>	18g	Calcium	675mg
Saturated	0g	Iron	4mg
<b>Carbs</b>	30g	Folate	6µg
Fiber	13g	Vitamin B12	0µg
Sugar	7g	Magnesium	159mg
<b>Protein</b>	9g	Zinc	0mg
Sodium	142mg	Selenium	0µg



# Toast with Peanut Butter

2 ingredients · 5 minutes · 1 serving



## Directions

1. Toast the bread slices, then spread on the peanut butter. Enjoy!

## Notes

### Topping Ideas

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

## Ingredients

**2 slices** Whole Grain Bread (or any type of bread)

**2 tbsps** All Natural Peanut Butter (or any nut butter)

## Nutrition

Amount per serving

<b>Calories</b>	411	Potassium	370mg
<b>Fat</b>	20g	Calcium	100mg
Saturated	4g	Iron	3mg
<b>Carbs</b>	43g	Folate	82µg
Fiber	8g	Vitamin B12	0µg
Sugar	9g	Magnesium	118mg
<b>Protein</b>	18g	Zinc	2mg
Sodium	320mg	Selenium	29µg

# Bacon & Eggs Breakfast Jar

7 ingredients · 20 minutes · 1 serving



## Directions

1. Cook the bacon and wrap in paper towel while you prepare the rest.
2. Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
3. Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
4. Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

## Notes

### Vegetarian

Replace the bacon with roasted chickpeas.

### Leftovers

Store covered in the fridge up to 4 days.

### The Best Bacon

Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

## Ingredients

- 2 slices Organic Bacon
- 3/4 tsp Coconut Oil (divided)
- 1/2 cup Mini Potatoes (quartered)
- Sea Salt & Black Pepper (to taste)
- 2 Egg (whisked)
- 1/4 cup Organic Salsa
- 1 cup Arugula

## Nutrition

Amount per serving

<b>Calories</b>	343	Potassium	798mg
<b>Fat</b>	20g	Calcium	119mg
Saturated	8g	Iron	3mg
<b>Carbs</b>	19g	Folate	82µg
Fiber	3g	Vitamin B12	1.1µg
Sugar	4g	Magnesium	53mg
<b>Protein</b>	21g	Zinc	2mg
Sodium	970mg	Selenium	41µg



# Moroccan Sausage and Eggs

8 ingredients · 20 minutes · 1 serving



## Directions

1. Heat coconut oil in a large skillet over medium heat. Cook the sausage until brown on all sides, about 5 minutes.
2. Drain any excess fat and add the tomatoes, olives, salt, half the cumin and 3/4 of the cilantro. Cook for another 5 minutes, stirring occasionally.
3. Pour the eggs over the sausage and tomatoes. Break the yolks and let simmer until the eggs have set. Lift the edges and tip the pan as needed to help the eggs cook evenly.
4. Garnish with the remaining cumin and cilantro. Divide onto plates and enjoy!

## Notes

### Serve it With

Brown rice tortilla chips or crusty bread.

### No Cilantro

Use parsley instead.

### Make it Spicy

Add cayenne, black pepper, red pepper flakes, hot sauce and/or jalapeno slices.

### No Lamb Sausage

Use beef, pork, chicken or turkey sausage, vegan chorizo or chickpeas instead.

### Leftovers

Refrigerate in an airtight container up to 3 days.

## Ingredients

**3/4 tsp** Coconut Oil

**71 grams** Lamb Sausage

**1/2** Tomato (medium, diced)

**1 tbsp** Green Olives (pitted and sliced)

**1/8 tsp** Sea Salt

**1/4 tsp** Cumin (divided)

**2 tbsps** Cilantro (finely chopped and divided)

**1 1/2** Egg (cracked into a bowl)

## Nutrition

Amount per serving

<b>Calories</b>	375	Potassium	242mg
<b>Fat</b>	27g	Calcium	71mg
Saturated	12g	Iron	4mg
<b>Carbs</b>	4g	Folate	53µg
Fiber	1g	Vitamin B12	0.7µg
Sugar	0g	Magnesium	16mg
<b>Protein</b>	23g	Zinc	1mg
Sodium	634mg	Selenium	23µg

# Fried Egg with Green Onions on Toast

5 ingredients · 10 minutes · 1 serving



## Directions

1. Heat olive oil in a frying pan over medium heat. Fry egg and place on top of toast.
2. Turn heat to low-medium and cook green onions until soft, about 1-2 minutes. Season with salt and pepper to taste, and sprinkle on top of the egg. Enjoy!

## Notes

### Make it Quicker

Skip the Green Onion.

## Ingredients

**1 1/2 tps** Extra Virgin Olive Oil  
**1** Egg  
**1 slice** Organic Bread (toasted)  
**2 stalks** Green Onion (sliced)  
Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	215	Potassium	138mg
<b>Fat</b>	14g	Calcium	55mg
Saturated	3g	Iron	1mg
<b>Carbs</b>	14g	Folate	32µg
Fiber	2g	Vitamin B12	0.5µg
Sugar	4g	Magnesium	18mg
<b>Protein</b>	8g	Zinc	1mg
Sodium	203mg	Selenium	16µg



# Squash Baked Egg

4 ingredients · 50 minutes · 1 serving



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Slice acorn squash in half and remove the seeds. Place on the baking sheet and brush with oil. Bake the squash face down for 25 to 30 minutes or until tender.
3. Remove the squash from the oven and flip over so the flesh side is facing up. Crack eggs into the holes and return to oven for 15 to 20 minutes, or until the egg is set to your liking.
4. Remove from the oven and season with sea salt and black pepper to taste. Enjoy!

## Notes

### No Acorn Squash

Use a sweet potato instead.

### Serve it With

Fresh chives, shredded cheese, hot sauce and/or bread for dipping.

### More Protein

Fill any extra space with egg whites.

### More Veggies

Serve it with a side of sauteed kale, mushrooms and onions.

## Ingredients

1 Acorn Squash

1 1/2 **tsps** Extra Virgin Olive Oil

2 Egg

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	376	Potassium	1634mg
<b>Fat</b>	17g	Calcium	198mg
Saturated	4g	Iron	5mg
<b>Carbs</b>	46g	Folate	121µg
Fiber	7g	Vitamin B12	0.9µg
Sugar	0g	Magnesium	150mg
<b>Protein</b>	16g	Zinc	2mg
Sodium	155mg	Selenium	33µg

# Eggs with Arugula & Plantains

6 ingredients · 25 minutes · 1 serving



## Directions

1. Heat the coconut oil in a heavy skillet over medium heat. Add the plantains and cook for about 5 minutes per side, or until golden brown.
2. Add the arugula to a plate.
3. While the plantains fry, poach your eggs by bringing a small saucepan of water to a simmer, and adding the apple cider vinegar. Crack one egg at a time into a small cup or bowl. Stir the water with a spoon to create a whirlpool. Carefully add egg into the whirlpool. Cook for about 3 to 4 minutes, or longer for a harder yolk. Use a slotted spoon to carefully remove the poached egg and transfer it to top the bed of arugula. Repeat with remaining egg.
4. Add the cooked plantains to the plate with the arugula and eggs. Season with sea salt as desired and enjoy!

## Notes

### Save Time

Serve the eggs scrambled, fried or hard boiled instead of poached.

### Plantain Tip

The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.

## Ingredients

- 1 **tbsp** Coconut Oil
- 1 Plantain (ripe, peeled and sliced)
- 2 **cups** Arugula
- 1 **tbsp** Apple Cider Vinegar
- 2 Egg
- 1/8 **tsp** Sea Salt (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	607	Potassium	1601mg
<b>Fat</b>	24g	Calcium	128mg
Saturated	14g	Iron	4mg
<b>Carbs</b>	89g	Folate	147µg
Fiber	5g	Vitamin B12	0.9µg
Sugar	49g	Magnesium	129mg
<b>Protein</b>	17g	Zinc	2mg
Sodium	460mg	Selenium	35µg



# Fried Eggs & Steamed Spinach

5 ingredients · 10 minutes · 1 serving



## Directions

1. Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
2. In the same pan, cook your eggs. Season with sea salt and pepper.
3. Plate the spinach with eggs. Enjoy!

## Notes

### No Ghee

Use butter or oil instead.

### More Flavour

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.

## Ingredients

**2 cups** Baby Spinach

**1 tbsp** Water

Sea Salt & Black Pepper (to taste)

**1 tsp** Ghee

**2** Egg

## Nutrition

Amount per serving

<b>Calories</b>	203	Potassium	472mg
<b>Fat</b>	15g	Calcium	118mg
Saturated	6g	Iron	3mg
<b>Carbs</b>	3g	Folate	164µg
Fiber	1g	Vitamin B12	0.9µg
Sugar	1g	Magnesium	60mg
<b>Protein</b>	14g	Zinc	2mg
Sodium	224mg	Selenium	31µg

# Roasted Tomato Egg Bowl

4 ingredients · 35 minutes · 1 serving



## Directions

1. Preheat your oven to 450°F (232°C).
2. Cut your tomatoes in half and scoop out the seeds and flesh so it looks like a cup. You may need to slice a small piece of the bottom of the tomato off to create a flat surface so the cup will sit upright.
3. Place the tomato cups on a baking sheet and pack ¼ cup sliced spinach into the bottom of each. Crack an egg in each tomato cup to cover the spinach. Place on a baking sheet and bake in the oven for 15 - 20 minutes (depending on how runny you like your eggs).
4. Remove from oven and season with sea salt, black pepper and herbs of your choice (I like fresh basil and red pepper flakes). Serve alone or on top of a piece of toasted organic bread. Enjoy!

## Ingredients

1/2 Tomato (cut in half)  
1/4 cup Baby Spinach (finely sliced)  
1 Egg  
Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	83	Potassium	228mg
<b>Fat</b>	5g	Calcium	39mg
Saturated	2g	Iron	1mg
<b>Carbs</b>	2g	Folate	55µg
Fiber	1g	Vitamin B12	0.5µg
Sugar	0g	Magnesium	17mg
<b>Protein</b>	7g	Zinc	1mg
Sodium	101mg	Selenium	16µg



# Poached Egg with Watercress

5 ingredients · 15 minutes · 1 serving



## Directions

1. Crack your egg into a bowl. Bring a pot of water to a boil on your stovetop. Add vinegar.
2. Stir your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes, then use a slotted spoon to carefully remove the poached egg onto a plate lined with paper towel to soak up the excess liquid.
3. In a skillet, heat oil over medium-high. Add watercress and cook just until wilted, about 3-5 minutes. Season with salt and pepper to taste.
4. Transfer watercress to a plate and top with your poached egg. Enjoy!

## Notes

### No Watercress

Use spinach, kale or any dark leafy greens.

## Ingredients

- 1 Egg
- 1 **tbsp** Apple Cider Vinegar
- 1 **tbsp** Coconut Oil
- 4 **cups** Watercress (chopped)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	214	Potassium	517mg
<b>Fat</b>	18g	Calcium	192mg
Saturated	13g	Iron	1mg
<b>Carbs</b>	3g	Folate	36µg
Fiber	1g	Vitamin B12	0.5µg
Sugar	1g	Magnesium	34mg
<b>Protein</b>	9g	Zinc	1mg
Sodium	127mg	Selenium	17µg

# Bell Pepper Egg Cups

3 ingredients · 20 minutes · 1 serving



## Directions

1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

## Notes

### More Flavour

Roast the red pepper in the oven before cracking the egg into them.

### Added Touch

Sprinkle with cheese during the last 2 minutes.

### Serve it With

Toast for dipping or our Grain-Free Flax Bread.

### More Protein

If it is a large bell pepper, fill remaining space with egg whites for added protein.

## Ingredients

1 Red Bell Pepper

2 Egg

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	175	Potassium	389mg
<b>Fat</b>	10g	Calcium	64mg
Saturated	3g	Iron	2mg
<b>Carbs</b>	8g	Folate	103µg
Fiber	3g	Vitamin B12	0.9µg
Sugar	5g	Magnesium	26mg
<b>Protein</b>	14g	Zinc	2mg
Sodium	147mg	Selenium	31µg

# Green Blender Juice or Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

## Ingredients

- 1 1/2 cups Pineapple (diced)
- 1 Cucumber (diced)
- 1 cup Parsley
- 4 cups Baby Spinach
- 1 tbsp Ginger (peeled)
- 1 Lemon (juiced)
- 10 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	235	Potassium	1785mg
<b>Fat</b>	2g	Calcium	286mg
Saturated	0g	Iron	9mg
<b>Carbs</b>	56g	Folate	399µg
Fiber	10g	Vitamin B12	0µg
Sugar	32g	Magnesium	201mg
<b>Protein</b>	9g	Zinc	2mg
Sodium	139mg	Selenium	3µg



# Pineapple Turmeric Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

## Notes

### Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

### No Pineapple

Use mango, peaches or banana instead.

## Ingredients

**1 cup** Unsweetened Almond Milk

**1 cup** Pineapple (diced into chunks)

**1 1/2 tsps** Ginger (peeled and grated)

**1/4 cup** Vanilla Protein Powder

**1/2 tsp** Turmeric (powder)

## Nutrition

Amount per serving

<b>Calories</b>	204	Potassium	380mg
<b>Fat</b>	3g	Calcium	588mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	26g	Folate	39µg
Fiber	4g	Vitamin B12	0.6µg
Sugar	16g	Magnesium	88mg
<b>Protein</b>	21g	Zinc	2mg
Sodium	201mg	Selenium	7µg

# Tropical Matcha Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### Likes it Sweet

Add honey or pitted dates.

### More Protein

Add vanilla protein powder.

## Ingredients

- 1/2 Zucchini (chopped and frozen)
- 1/2 cup Pineapple (fresh or frozen)
- 1 1/2 cups Baby Spinach
- 1 tsp Green Tea Powder
- 2 tbsps Hemp Seeds
- 1 cup Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	208	Potassium	873mg
<b>Fat</b>	13g	Calcium	536mg
Saturated	1g	Iron	4mg
<b>Carbs</b>	18g	Folate	148µg
Fiber	5g	Vitamin B12	0µg
Sugar	11g	Magnesium	221mg
<b>Protein</b>	10g	Zinc	3mg
Sodium	207mg	Selenium	1µg