



Ultra Low Histamine

JOE LEECH

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JOE LEECH | DIET VS DISEASE

All ingredients and recipes are low according to the SIGHI histamine testing. It is important to note that every time a food is tested it will come back with a slightly different histamine amount (due to soil, storage, genetics etc)and therefore categorizing food is based on an average and not an exact. This can lead to conflicting information online however your dietitian and this plan is able to help direct you to keep your histamine potential fairly low!

Please see our histamine quick start guide for more info.

MON



BREAKFAST
2 Apple spiced oatmeal cookies



SNACK 1
Pear



LUNCH
Butternut squash and sage risotto



SNACK 2
Carrot Sticks, 2 Sweet Potato Dip- Low Hist



DINNER
Chicken burger with a honey ginger glaze



SNACK 3
Low Histamine Apple Pie Smoothie

TUE



BREAKFAST
2 Ginger, carrot and apple muffins



SNACK 1
Apple



LUNCH
Butternut squash and sage risotto



SNACK 2
Cucumber Slices, Sweet Potato Dip- Low Hist



DINNER
Chicken burger with a honey ginger glaze



SNACK 3
Low Histamine Apple Pie Smoothie

WED



BREAKFAST
Apple spiced oatmeal cookies



SNACK 1
Pear



LUNCH
Roast Chicken Drumsticks with Vegetables



SNACK 2
Carrot Sticks, Roasted Zucchini Dip



DINNER
Pork Tenderloin with Steamed Parsnips & Carrots



SNACK 3
Low Histamine Apple Pie Smoothie

THU



BREAKFAST
Ginger, carrot and apple muffins



SNACK 1
Apple



LUNCH
Roast Chicken Drumsticks with Vegetables



SNACK 2
Cucumber Slices, Roasted Zucchini Dip



DINNER
2 Pork Tenderloin with Steamed Parsnips & Carrots



SNACK 3
Beet Love Smoothie

FRI



BREAKFAST
Oatmeal pancakes



SNACK 1
Pear



LUNCH
Low Histamine Quinoa Salad



SNACK 2
Carrot Sticks, Sweet Potato Dip- Low Hist



DINNER
low histamine Greek Pasta Salad



SNACK 3
Beet Love Smoothie

SAT



BREAKFAST
Ginger, carrot and apple muffins



SNACK 1
Apple



LUNCH
Low Histamine Quinoa Salad



SNACK 2
Roasted Cauliflower, Roasted Zucchini Dip



DINNER
low histamine Greek Pasta Salad



SNACK 3
Beet Love Smoothie

SUN



BREAKFAST
Oatmeal pancakes



SNACK 1
Pear



LUNCH
Low histamine Veggie noodle Stir-Fry



SNACK 2
Sweet Potato Dip- Low Hist, Roasted Cauliflower



DINNER
Low histamine Veggie noodle Stir-Fry



SNACK 3
Beet Love Smoothie

FRUITS

- 12 Apple
- 1/2 cup Apple Juice
- 8 Apples
- 3 Medium Apple
- 1 Navel Orange
- 4 Pear

BREAKFAST

- 1/2 cup Almond Butter
- 1/2 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 tsp All Spice
- 3/4 tsp Black Pepper
- 0 pinch Black Pepper
- 1 1/2 tsps Cinnamon *
- 2 tsps Dried Basil
- 2 tsps Dried Rosemary
- 1/3 cup Ground Flax Seed
- 4 tbsps Ground Ginger
- 1 cup Hemp Protein Powder
- 3 Ltr Homemade Vegetable Stock (do Not Use Bouillon Powder Or Packaged Broth)
- 3 tbsps Macadamia Nut Butter*
- 3/4 cup Macadamia Nuts
- 3 cups Macadamia Nuts Roughly Chopped
- 1 tsp Oregano
- 2 bunches Sage
- 2 3/4 tsps Salt
- 0 pinch Salt
- 2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 0 Small Piece Ginger (grated Or Finely Diced)
- 1 1/3 tbsps Sweet Paprika
- 1 1/3 tbsps Turmeric
- 1/4 cup Whole Flax Seeds

VEGETABLES

- 4 cups Baby Kale
- 3 cups Basil Leaves
- 4 Beet
- 6 cups Broccoli
- 4 1/2 lbs Butternut Squash
- 0 Ca 400 G Sweet Potatoes (baked, Skin Removed)
- 0 Ca. 150 G Red Beet (boiled, Cleaned And Cooled To Room Temperature)
- 0 Ca. 50 G Leafy Greens (i Used Red Salad Baby Leafs For This One, But Arugula Is My Favorite For Smoothies)
- 9 Carrot
- 1 cup Carrot (chopped)
- 10 ozs Cauliflower
- 6 heads Cauliflower
- 3 Cucumber
- 2 bulbs Fennel (optional)
- 13 cloves Garlic
- 2 Garlic Clove
- 1 tsp Ginger
- 1/8 oz Ginger
- 0 Lettuce
- 6 Medium Sized Carrots
- 1/4 cup Parsley
- 6 Parsnip
- 0 Slaw
- 2 Yellow Onion
- 17 Zucchini

BOXED & CANNED

- 3 cups Arborio Rice
- 3 cups Brown Rice Pasta Shells
- 4 cups Quinoa
- 12 ozs Udon Noodles

BAKING

- 3 And 1/3 Cups Buckwheat Flour

BREAD, FISH, MEAT & CHEESE

- 4 Burger Buns
- 4 Chicken Breasts)
- 1 1/4 lbs Chicken Drumsticks
- 2 lbs Pork Tenderloin

CONDIMENTS & OILS

- 1/4 cup Avocado Oil
- 1/3 cup Coconut Aminos
- 1 1/4 cups Coconut Oil
- 2 3/4 cups Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 2/3 cup Pitted Kalamata Olives
- 1 1/3 tbsps Sesame Oil
- 1/4 cup White Vinegar
- 2 tsps Wholegrain Mustard

COLD

- 3 1/2 cups Buttermilk
- 2 Egg
- 9 Eggs

OTHER

- 1/2 cup Vegetable Or Chicken Stock
- 7 1/3 cups Water

FROZEN

- 1 1/2 cups Frozen Cauliflower
- 2 2/3 tbsps Baking Powder
- 1 1/2 tpsps Bicarb Soda
- 1 cup Coconut Sugar
- 2 cups Gluten Free Flour
- 3 tbsps Ground Flaxseed
- 1 cup Honey
- 6 cups Oats
- 1/2 cup Plus 1 Tsp Olive Oil
- 1/3 cup Rolled Oats
- 1/3 cup Tapioca Flour

Apple spiced oatmeal cookies

12 SERVINGS 25 MINUTES



INGREDIENTS

- 1 cup Gluten Free Flour
- 1 1/2 cups Oats (rolled is best)
- 2 tsps Baking Powder
- 1 tsp Ground Ginger
- 1/4 tsp Sea Salt
- 1/4 cup Macadamia Nuts (chopped)
- 2 tsps Ground Flax Seed
- 1 Egg (or chia egg see notes)
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Oil (melted)
- 1 Apple (finely chopped)

DIRECTIONS

- 01 Preheat oven to 180C (350F) and line a baking sheet with parchment paper.
- 02 In a large bowl, combine the flour, oats, baking powder, ginger, sea salt, and macadamia nuts. Mix well.
- 03 In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
- 04 Add the wet mixture to the dry and mix well to form a dough.
- 05 Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes.
- 06 Let cool and enjoy!
- 07 Once cooled, ensure to freeze when storing to prevent histamine accumulation.

Ginger, carrot and apple muffins

12 SERVINGS 35 MINUTES



INGREDIENTS

- 2 Medium Sized Carrots
- 1 Medium Apple
- 1 cup Macadamia Nuts Roughly Chopped
- 1 And 1/3 Cups Buckwheat Flour
- 1 tbsp Ground Flaxseed
- 2 tbsps Tapioca Flour
- 1 tbsp Ground Ginger
- 1 tsp Baking Powder (gluten free)
- 1/2 tsp Bicarb Soda
- 1/4 tsp Salt
- 3 Eggs
- 3 tbsps Plus 1 Tsp Olive Oil (or coconut oil)
- 1/4 cup Honey
- 1/2 cup Buttermilk

DIRECTIONS

- 01 Preheat oven to 180 C and prepare a 12 hole muffin tray with paper cases.
- 02 Create a 'buttermilk' by mixing together the rice milk and ACV. Set aside.
- 03 Grate the apple and carrot in a food processor or by hand. Chop up the macadamia nuts. Set these aside as well.
- 04 Combine the buckwheat flour, flaxseed, tapioca flour, bicarb, baking powder, salt and ginger and mix together.
- 05 In a separate bowl, whisk together eggs, olive oil, honey and "buttermilk" mixture.
- 06 Create a well in the middle of the dry mix and pour the wet mix into it. Mix the wet ingredient mixture into the dry mixture. As you mix, add in the carrots, apples and macadamia nuts.
- 07 Divide the mixture evenly between the muffin papers. Bake for 30-35 minutes, or until the tops are just firm to touch, puffed up in the centre and golden brown.
- 08 Store the muffins in an airtight container at room temperature and freeze.

NOTES

MILK

Milk is often a higher histamine food/beverage. Using buttermilk helps to reduce histamine potential, if you use another alternative it is likely to have higher histamine potential.

Oatmeal pancakes

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tbsp Ground Flax Seed
- 2 1/2 tbsps Water
- 1 1/2 cups Oats
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Powder
- 1/2 tsp Ground Ginger
- 1 tbsp Coconut Oil
- 1 cup Buttermilk

DIRECTIONS

- 01 Make a flax egg by mixing the ground flaxseed and water together in a small cup or bowl. Let it rest for 5 minutes to thicken.
- 02 Place oats in a blender or food processor and blend until ground to a flour-like consistency (can still be a bit rough).
- 03 Add salt, baking powder, and ginger to a food processor and pulse to mix then transfer to a large mixing bowl.
- 04 Pour liquid mixture into dry mixture and mix gently. Allow to rest for 5 minutes.
- 05 Heat a cast-iron skillet over medium heat. Add some of the coconut oil. When hot, pour 1/4 cup batter for each pancake.
- 06 Cook until bubbles form on surface of the pancake, then flip over and cook until slightly browned. Enjoy!
- 07 If you have leftovers, freeze until you use again. You can heat up in the toaster, a pan or microwave!

NOTES

RECIPE CREDIT

Recipe from Happy Without Histamine

Pear

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear

DIRECTIONS

- 01 Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

Butternut squash and sage risotto

4 SERVINGS 50 MINUTES



INGREDIENTS

- 2 1/4 lbs Butternut Squash (1 whole medium, peeled and cut into bite-sized chunks.)
- 1/4 cup Extra Virgin Olive Oil
- 1 bunch Sage (1/2 roughly chopped, 1/2 left whole)
- 1 Yellow Onion (finely chopped)
- 2 cloves Garlic (minced)
- 1 1/2 Ltr Homemade Vegetable Stock (do Not Use Bouillon Powder Or Packaged Broth) (see recipe to make your own)
- 1 1/2 cups Arborio Rice (rinsed)
- 2 tbsps Whole Flax Seeds

DIRECTIONS

- 01 Before you make the risotto, heat oven to 220C/fan 200C. Toss the squash in 1 tbsp oil together with the chopped sage. Scatter into a shallow roasting tin and roast for 30 mins until it is brown and soft.
- 02 While the squash is roasting, prepare the risotto. Bring the stock to the boil and keep on a low simmer. In a separate pan, pour 2 tbsp extra virgin olive oil and set on medium heat. Stir in the onions and sweat gently for 5 minutes then add the garlic cook until soft but not coloured, stirring occasionally. Stir the rice into the onions until completely coated in the olive oil, then stir continuously until the rice is shiny and the edges of the grain start to look transparent.
- 03 Add the stock, a ladleful at a time and stirring the rice over low heat for 25-30 mins, until the rice is cooked al dente (with a slightly firm, starchy bite in the middle). The risotto should be creamy and slightly soupy. When you draw a wooden spoon through it, there should be a wake that holds for a few moments but not longer.
- 04 At the same time, gently fry the whole sage leaves in a little olive oil until crisp, then set aside on kitchen paper.
- 05 When the squash is cooked, mash half of it to a rough purée and leave half whole. When the risotto is just done, stir through the purée, and leave to rest for a few mins.
- 06 Serve the risotto scattered with the whole chunks of squash, flax seeds, and the crisp sage leaves.
- 07 Freeze into individual portions and take out and warm in microwave or oven.

NOTES

BROTH

Heat olive oil and saute vegetables (carrot, cauliflower, onion) for about 5 min, before you add water, salt and the herbs (4–5 sprigs of fresh thyme, a small bunch of parsley, celery leaves, rosemary) Boil for 30 min and freeze into portions!

Roast Chicken Drumsticks with Vegetables

2 SERVINGS 1 HOUR



INGREDIENTS

- 10 ozs Chicken Drumsticks (4 drumsticks)
- 1 tsp Wholegrain Mustard
- 1/2 Navel Orange (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Broccoli
- 1 Zucchini
- 2 tbsps Maple Syrup

DIRECTIONS

- 01 Preheat oven to 450°F (220°C).
- 02 Combine the oil, all of the maple syrup, mustard and orange juice in a large baking dish. Add chicken and turn to coat.
- 03 Roast the chicken for 20-30 minutes until cooked through.
- 04 Boil, steam or microwave the broccoli and zucchini until cooked.
- 05 Serve two of the drumsticks with the vegetables and a side.
- 06 Reserve the remaining two drumsticks for lunch tomorrow by placing into a container in the fridge.

Low Histamine Quinoa Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

- 2 cups Quinoa
- 2 Beet
- 2 Apple
- 2 tbsps White Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Parsley
- 2 cups Baby Kale
- 2 tbsps Macadamia Nuts

DIRECTIONS

- 01 Rinse the quinoa to remove its bitter taste. Cook the quinoa with 650 ml Water. When all water is evaporated, set the quinoa aside to cool down. Cut the beets and apple into small pieces and add to the quinoa together with the parsley. Mix together olive oil, apple cider vinegar, salt and pepper and combine with the salad. Add any topping that you like. I suggest sprinkling some chopped-up macadamia nuts or fresh kale over the salad. If you use kale, wash it thoroughly, cut it into small pieces and massage it for a few minutes before adding it to the salad.

NOTES

STORAGE

freeze into individual portions!

VINEGAR

Ensure to use regular white vinegar as other vinegar can be a histamine liberator

Low histamine Veggie noodle Stir-Fry

2 SERVINGS 20 MINUTES



INGREDIENTS

- 6 ozs Udon Noodles (dried)
- 2 tsps Sesame Oil
- 2 cups Broccoli (chopped into florets)
- 2 heads Cauliflower (sliced)
- 1 Carrot (medium, peeled and sliced)
- 3 tbsps Coconut Aminos
- 1 bulb Fennel (optional)

DIRECTIONS

- 01 Cook the udon noodles according to package directions and set aside.
- 02 Heat the sesame oil in a large skillet over medium heat. Add the vegetables. Cook until slightly tender.
- 03 Add coconut aminos and the noodles. Cook for another 2 to 3 minutes or until heated through.
- 04 Divide into bowls and enjoy!
- 05 Cool leftovers and freeze into individual portions.

NOTES

ADDITIONAL TOPPINGS

Garnish with green onions, sesame seeds or toasted cashews.

NO CHINESE COOKING WINE

Use dry sherry or mirin instead.

NO UDON NOODLES

Use brown rice spaghetti or any other noodles instead.

MORE PROTEIN

Add cooked chicken breast, beef strips, shrimp, scrambled egg or tofu.

LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

Carrot Sticks

1 SERVING 5 MINUTES



INGREDIENTS

1 Carrot (medium)

DIRECTIONS

01 Peel the carrot and slice it into sticks. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

MORE FLAVOR

Season with salt.

SERVE IT WITH

Hummus, guacamole or your favorite dip.

Sweet Potato Dip- Low Hist

4 SERVINGS 2 HOURS 5 MINUTES



INGREDIENTS

Ca 400 G Sweet Potatoes (baked, Skin Removed)
2 tbsps Almond Butter
2 tbsps Extra Virgin Olive Oil
2 tbsps Apple Juice
1 tsp Turmeric
1 tsp Sweet Paprika
1/4 tsp Ginger
1/4 tsp All Spice
1/2 tsp Salt

DIRECTIONS

- 01 Start with baking the sweet potatoes in the oven. I usually give them a little rinse and then bake the sweet potatoes in their skin. Place the sweet potatoes (with the skin on) in an oven dish and bake them for about 1 hour at 200 °C (ca. 390 °F). Big sweet potatoes might need a bit more than one hour.
- 02 Use a fork to check if they are done, if the fork goes through the sweet potato easily and without resistance it is done.
- 03 Let the sweet potatoes cool down to room temperature, before you remove the skin, and make the dip.
- 04 Add the sweet potatoes, almond butter, apple juice, extra virgin olive oil and the spices to a food processor. Mix til you have a smooth dip.
- 05 Enjoy with veggie sticks, my seed crackers (see link above in the top of this post) or whatever you prefer. The nutrition data is calculated based on one serving of four, excl the crackers or vegetables dipped in.
- 06 Freeze into individual portions and pull out before using to defrost

Cucumber Slices

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Cucumber

DIRECTIONS

01 Slice the cucumber and enjoy!

NOTES

STORAGE

Cucumber can keep up to one week in the fridge if stored in water.

Roasted Zucchini Dip

6 SERVINGS 15 MINUTES



INGREDIENTS

- 5 Zucchini
- 3 cloves Garlic
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Basil Leaves (or coriander leaves)
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper (or white pepper)

DIRECTIONS

- 01 Heat oven to 200C (390F). Peel zucchini and chop off the top and bottom. Cut zucchini into ½ inch thick strips, brush with a little olive oil and place in a roasting pan along with the whole garlic cloves. Roast in the oven until tender (approx 15 minutes).
- 02 In a food processor or blender, combine the zucchini pieces with olive oil, garlic, basil leaves, and salt. Pulse to a chunky purée.
- 03 Transfer the dip to a small bowl and serve warm. It can be frozen or remainder stored in a jar in the refrigerator.

Roasted Cauliflower

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil
- 1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 03 Remove from oven and enjoy!

NOTES

NO AVOCADO OIL

Use coconut oil or olive oil instead.

MAKE IT CHEESY

Toss in nutritional yeast after roasting.

Chicken burger with a honey ginger glaze

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Chicken Breasts) (or one large chicken breast)
2 Burger Buns (or lettuce wraps)
Salt
Black Pepper (optional)
2 tbsps Honey
Small Piece Ginger (grated Or Finely Diced)
1 Garlic Clove (minced or grated)
1/4 cup Vegetable Or Chicken Stock (if required)
Lettuce
Cucumber
Slaw

DIRECTIONS

- 01 Place the chicken breasts between cling film and bash with a rolling pin or wooden spoon until they are around about 1 cm thick. If you are using one large chicken breast, slice horizontally into two pieces.
- 02 Add the chicken breasts to a pan, season with salt and pepper (if using) and fry for 4-5 minutes either side, or until cooked through. Set aside.
- 03 Reduce the heat to low, and add the honey, garlic and ginger to the pan. Heat gently until very slight bubbles form, then return the chicken to the pan. If required, then add a touch of stock. I didn't find I needed to do so, but if it gets too dry then add some to the pan. Cook for about 5 minutes, turning the chicken so it is covered with the glaze (you can also use a spoon to drizzle the glaze over the chicken). Don't allow the honey to get too hot or it will burn.
- 04 Toast the buns (if using), then load up the burgers. Place the chicken first (you can drizzle the glaze onto the chicken if you like!), then top with lettuce, cucumber and slaw or your preferred toppings. Alternatively, load up a lettuce wrap with the chicken and salad. Then enjoy!

NOTES

SWIZZ INTERNATIONAL HISTAMINE

All ingredients score 0 on the SIGHI list, with the exception of: burger buns will have variable scores depending upon brand used and ingredients. garlic, which scores 1. There is a note stating 'In small amounts, usually well tolerated after cooking'. gj

BROTH

Please make sure to use homemade broth. Do NOT use bouillon broth

Pork Tenderloin with Steamed Parsnips & Carrots

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 tsp Dried Basil
- 1 tsp Dried Rosemary
- 3/4 tsp Sea Salt
- 1 tbsp Coconut Oil
- 1 lb Pork Tenderloin
- 3 Parsnip (medium, sliced)
- 2 Carrot (medium, sliced)

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Mash together the basil, rosemary, salt and coconut oil into a paste.
- 03 Rub the pork tenderloin with the herb paste until evenly coated.
- 04 Wrap in foil and place on a baking sheet. Bake for about 30 minutes, or until a meat thermometer reads 145°F (65°C). Let it sit covered in the foil for 10 minutes before slicing.
- 05 Meanwhile, fill a pot with water and bring it to a boil. Place the carrots and parsnips in a steaming basket and steam for 10 to 15 minutes or until fork-tender. Slice the pork and enjoy with the carrots and parsnips.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Roast the parsnips and carrots instead.

NO COCONUT OIL

Use butter or ghee instead.

low histamine Greek Pasta Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Brown Rice Pasta Shells (dry)
3 tbsps Extra Virgin Olive Oil
1/2 tsp Oregano (dried)
Sea Salt & Black Pepper (to taste)
1/2 Cucumber (quartered, sliced)
1/2 cup Carrot (chopped)
1/3 cup Pitted Kalamata Olives

DIRECTIONS

- 01 Cook the pasta according to package directions. Drain, rinse well and set aside to cool.
- 02 In a small bowl, add the oil, oregano, salt, and pepper. Mix well to combine.
- 03 In a large bowl, add the pasta, and the dressing and mix well. Add the carrot, cucumber, and olives and toss to combine. Enjoy!
- 04 Store in individual portions. Freeze. Freezing foods helps to prevent histamine accumulation.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

ADDITIONAL TOPPINGS

Feta cheese or tofu.

Low Histamine Apple Pie Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

- 1 Apple (sweet, ca. 130 g/ 4.6 oz)
- 1/2 cup Frozen Cauliflower (ca. 60-70 g/ 2.3 oz)
- 2 tbsps Rolled Oats
- 1 tbsp Macadamia Nut Butter*
- 1/2 tsp Cinnamon * (optional)
- 1/16 oz Ginger (0.03-0.07 oz)
- 1 cup Water
- 1 tbsp Maple Syrup
- 2 tbsps Hemp Protein Powder

DIRECTIONS

- 01 Add all ingredients to a high speed blender
- 02 Blend till you have a silky smooth smoothie.
- 03 Pour into a tall glass, add a festive straw if you like and just sit back and enjoy 😊

Beet Love Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

Ca. 150 G Red Beet (boiled, Cleaned And Cooled To Room Temperature)
2 Apples (deseeded)
2 1/2 ozs Cauliflower (frozen)
Ca. 50 G Leafy Greens (i Used Red Salad Baby Leafs For This One, But Arugula Is My Favorite For Smoothies)
1 cup Water
1 tbsp Maple Syrup
2 tbsps Hemp Protein Powder

DIRECTIONS

- 01 Add all ingredients to your blender, and blend till smooth.
- 02 Enjoy ☑ The nutritional facts are based one serving out of two.