

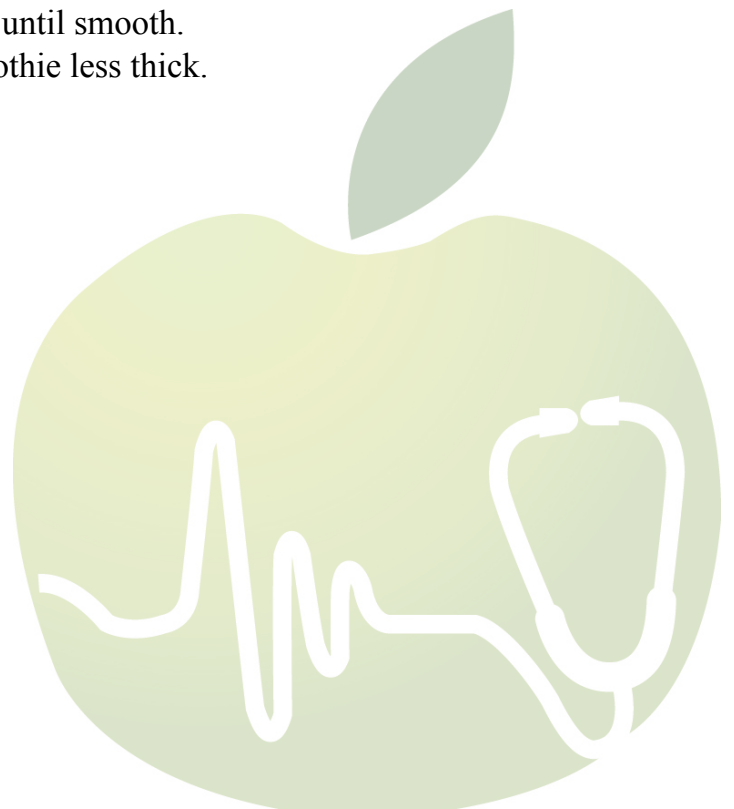
Berry Smoothie

Ingredients:

- 1 handful mixed berries, fresh or frozen (use only blueberries if wanting low histamine)
- 1 teaspoon fresh grated ginger or ½ teaspoon natural dried ginger powder
- 1 small handful nuts (use only macadamias/1-2 brazil nuts if wanting low histamine)
- ½ an apple (optional, don't use if you have IBS)
- 1 teaspoon psyllium husk powder (this is a natural unflavoured prebiotic powder that is low FODMAP and low histamine, so tolerated by those with IBS and histamine issues)
- 2 tablespoons natural unsweetened yoghurt or kefir (do not use if wanting low histamine)
- Water or dairy milk or calcium-fortified plant milk - add an amount to get the consistency you like, I usually add about ½ cup
- Optional - add ¼ cup whole rolled oats.

Method:

Place all the ingredients into a blender, and blend until smooth.
Add extra water/milk if you would like your smoothie less thick.
Drink straight away.





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