

Gut-Friendly Green Smoothie

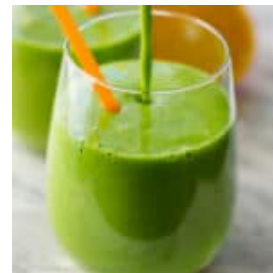
Serves 2

Ingredients

- 1 cup milk of your choice (low-fat dairy, unsweetened soy, or unsweetened almond milk)
- 1 banana
- 1 orange, peeled (or ½ cup 100% orange juice)
- 2 cups fresh spinach or other leafy greens
- 1½ cups frozen pineapple

Instructions

1. Add the milk to the blender first.
2. Add the banana, orange, spinach, and flaxseed (if using).
3. Top with the frozen pineapple.
4. Blend until smooth and creamy.
5. Serve immediately.



Green Smoothie (1 serving):

Each serving contains approximately **180 calories**, **3 grams of protein**, and **5 grams of fiber**. Rich in **vitamin C**, **potassium**, and **calcium** (when made with fortified milk), this refreshing smoothie is packed with fruits and leafy greens that provide antioxidants and nutrients to support a healthy gut, immune system, and overall well-being.

Batido Verde para un Intestino Sano

Para 2 porciones

Ingredientes

- 1 taza de leche de su preferencia (lácteos bajos en grasa, leche de soya sin azúcar o leche de almendra sin azúcar)
- 1 plátano
- 1 naranja, pelada (o ½ taza de jugo de naranja 100%)
- 2 tazas de espinaca fresca u otras verduras de hoja verde
- 1½ tazas de piña congelada
- 1 cucharada de linaza molida (opcional, pero recomendada)

Instrucciones

1. Agregue primero la leche a la licuadora.
2. Agregue el plátano, la naranja, la espinaca y la linaza (si la usa).
3. Cubra con la piña congelada.
4. Licúe hasta que quede suave y cremoso.
5. Sirva de inmediato.

