

# BOWEL MOVER SMOOTHIE RECIPE



# WHAT YOU NEED

You can rotate between this smoothie and the Gut Healing Smoothie in the Nutrition category, for a combined approach to supporting your gut.

- 1/2 an avocado
- 1 tbsp ground flaxseeds
- 1 tsp pumpkin seeds
- 1/2 an apple
- 1/2 a banana
- 1/2 handful of spinach
- 1 tbsp aloe vera juice or gel
- 3 sprigs of mint leaves
- Almond milk

Blitz all of the ingredients together and drink on an empty stomach (e.g. breakfast)

