Glimpse into Foodie Friday – week 38 – AIP & FODMAP friendly green smoothies

As I mentioned in my update for week four of the autoimmune protocol, I am finding that green smoothies are a great start to the day.
I have previously done a post about green smoothies here. These are all AIP compatible, however you will need to skip the chia seeds, and use water, coconut water, or coconut milk for the liquid, instead of other milk alternatives.

Here are a few more which I have been enjoying of late.

The creamy delight:

A large handful of kale/spinach
1 stick of celery
1 frozen banana (sliced before freezing)
A few berries or pineapple
A few shakes of cinnamon
A big splash of coconut milk
Water (enough to create desired consistency)

The tropical juice:

A large handful of kale/spinach
1 celery stick
A large squeeze of lemon juice
A big chunk of fresh ginger
A small amount of fresh pineapple
Water (enough to create desired consistency)

The fierce zinger:

A large handful of kale/spinach
1 celery stick
1 kiwi fruit
A small chunk of fresh ginger
A few shakes of ground cinnamon
A few squeezes of lemon juice
Water (enough to create desired consistency)