

Nancy's Gut Healing Smoothie

1 serving

10 minutes

1 cup spring or filtered water
1 banana
1 handful (approximately 1 cup) of organic spinach
½ cup frozen wild blueberries
¼ avocado
1 Tbsp unrefined coconut oil
1 Tbsp collagen powder* or Hemp seeds
1 Tbsp raw honey
½ tsp ground ginger
½ tsp ground turmeric
Pinch of freshly ground black pepper



Place all the ingredients into a high-speed blender and blend until smooth. If it's too thick, add a little extra water (1 – 2 Tbsp) and blend briefly. To get the maximum nutrients from the smoothie, drink soon after making.

Health Benefits of Nancy's Gut Healing Smoothie:

This smoothie is packed with ingredients to support gut health. Plus, it provides a ton of nutrition with healthy fats, protein and fiber which stabilize your blood sugar and provide a “slow burn” of sustained fuel. Spinach, avocado and collagen all have vitamins and micronutrients to support healing and rebuilding the gut lining. Coconut oil, avocado, collagen, hemp seeds and wild blueberries reduce inflammation and protect the gut lining. The fiber in wild blueberries, hemp seeds and spinach support proper elimination.

* Be sure to choose a collagen powder that is sourced from either grass-fed beef or free-range poultry that is free of antibiotics. Additionally, it is critical that the brand you choose is regularly tested for heavy metals.