

# THE BEST *Smoothie* for **CONSTIPATION RELIEF**



## 1. Greek Yogurt - 5.3 oz

Greek yogurt not only provides you with calcium and protein, but it contains the probiotics necessary for a healthy, happy gut.

## 2. Spinach - 1 cup

Spinach is a powerhouse of nutrients including: vitamins A, C, E, and K, iron, magnesium, folate, potassium, and calcium.



## 3. Raspberries - 1 cup

Raspberries are a great way to add more fiber to your smoothies. 1 cup of raspberries provides almost 10 grams of fiber!



## 4. Chia Seeds - 1 Tbsp

Chia seeds are great for boosting your fiber. One ounce of chia seeds offers more than 9 grams of fiber!



## 5. 100% Apple Juice - 3/4 cup

Apple juice may provide a very gentle laxative effect and can help you meet your daily fluid goals.



## 6. Fully Ripe Banana - 1 half

Bananas, when fully ripe, contain soluble fiber and may help treat constipation. They also contain a substance that stimulates the growth of good bacteria in the gut.



## 7. Oat Bran Cereal - 1/3 cup

Oat bran cereal is another great source of fiber. Just 1/3 cup of oat bran cereal can offer 5-7 grams of dietary fiber.



## Instructions

1. Cut your banana in half.
2. Add all ingredients to a blender and blend until smooth (about 45 seconds to 1 minute).
3. Add ice and additional liquid as needed.
4. Enjoy!