

Soothing Flaxseed & Berry Gut-Friendly Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Total Time:** 5 minutes

Yield: 1 large smoothie (or 2 small servings)

Ingredients:

- 1 cup unsweetened almond milk (or preferred plant-based milk)
- 1/2 cup mixed berries (fresh or frozen – blueberries, raspberries, strawberries)
- 1 ripe banana (for natural sweetness and creaminess)
- 2 tablespoons ground flaxseeds
- 1 tablespoon chia seeds (optional, for fiber and thickness)
- Handful of fresh spinach (optional, nutrient boost)
- 1/2 inch fresh ginger, peeled (optional, for anti-inflammatory support)

Instructions:

1. Add all ingredients to a high-speed blender.
2. Blend until smooth and creamy. Add extra milk or water if too thick.
3. Pour into a glass and enjoy immediately.

Nutrition (per serving, approx.):

- Calories: ~200–220 kcal
- Protein: 5–6 g
- Fiber: 8–9 g
- Healthy Fats: 7–8 g
- Carbohydrates: 30–32 g

Benefits:

This smoothie combines fiber-rich flaxseeds, berries, and optional chia/spinach to support regular digestion, reduce bloating, and provide antioxidants. It's hydrating, gut-friendly, and perfect as a quick breakfast or snack.