



Constipation Smoothie Recipe

Ingredients:

1/3 cup aloe vera juice

1 peeled kiwi fruit

½ cup papaya

½ cup kefir, plain or vanilla

½ cup ice

If desired, can add 1-2 tsp pure maple syrup (FODMAP friendly)

Instructions:

Blend ingredients until smooth; drink once per day.

Tip: Cut up whole papaya and freeze extra to keep it from going bad. Allow to thaw prior to blending for best results.

This provides: 120 calories for 16 oz. (using low-fat plain kefir and no added maple syrup).

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