

Joyful Tummy Smoothie

THM-Friendly: E

Upset stomachs are the worst. I needed to settle my sour, upset stomach...this shake was born. Immediately took my stomach from wonky to joyful. Give it a try!

- 1/2 of a medium banana
- 1/2 - 3/4 cup fresh pineapple
- 1/2 tsp. powdered ginger (if you have fresh, you could replace this with a 1-inch chunk)
- 1/2 tsp. turmeric
- 1 tsp. chia seeds (divided)
- 1/2 cup unsweetened nut milk
- 1/2 cup nonfat plain Greek yogurt
- 1 cup ice

Add all ingredients to the blender except 1/2 of the chia seeds.

Blend until perfectly smooth.

When done, pour into a glass and add the remaining 1/2 tsp. chia seeds.

enJOY!

