

## **NUT SMOOTHIE**

Wheat-free Gluten-free Dairy-free

A quick, easy and nutritious breakfast meal. This recipe is also soothing for inflamed gut conditions such as Irritable Bowel Syndrome (IBS) or diarrhoea.

### **Ingredients:**

½ cup mixed raw nuts and seeds (Eg. almonds, brazil nuts, sunflower seeds, pipitas)  
1 dssp slippery elm powder  
1-2 scoops low-reactive non-denatured whey protein powder (*optional*)  
½ tsp nutmeg powder  
½ tsp cinnamon powder  
1 tsp vanilla essence  
1 tsp carob powder (*optional*)  
¼ of a paw paw or ½ cup berries in season  
1 egg  
½ cup water (more can be added to make a thinner smoothie)  
2 tbsp molasses  
Ice (*optional*)

### **Method:**

Blend all ingredients together with a Barmix or Blender.