



# Smoothie Recipes

## To Help You With Morning Sickness

Ingredients such as ginger, banana, lemon, and yogurt have beneficial effects on the digestive system and may help reduce morning sickness, improving appetite during pregnancy.

### Ginger-berry smoothie

- Blend a cup of mixed berries, a banana,  $\frac{1}{2}$  an avocado, a tablespoon of nut butter of your choice,  $\frac{1}{2}$  cup oats,  $\frac{1}{4}$  inch ginger, and 1  $\frac{1}{2}$  cup of plant-based milk.
- Enjoy it cold or at room temperature.



### Banana-yogurt smoothie



- Blend a banana,  $\frac{1}{2}$  teaspoon of grated ginger, 1 teaspoon of lemon juice, and 3 tablespoons of yogurt (use plant-based if dairy is not tolerated) till smooth.
- You may add a sweetener such as honey or maple syrup.

### Strawberry-oats smoothie

- Take  $\frac{1}{2}$  teaspoon vanilla extract,  $\frac{1}{4}$  cup rolled oats,  $\frac{1}{4}$  cup greek yogurt,  $\frac{1}{2}$  inch ginger grated, 6-7 strawberries, and a frozen ripe banana in a blender.
- Blend till smooth and adjust consistency with milk.

