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## Banana Ginger Smoothie

Soothe digestion, heartburn, nausea, and other stomach trouble with the fresh ginger in this natural remedy smoothie recipe.

SERVINGS: 2

1 banana, sliced

$\frac{3}{4}$  c (6 oz) vanilla yogurt

1 Tbsp honey

$\frac{1}{2}$  tsp freshly grated ginger

**COMBINE** the banana, yogurt, honey, and ginger. Blend until smooth.

**NUTRITION** (per serving) 157 cal, 1 g fat, 0.8 g sat fat, 57 mg sodium, 34 g carbs, 28 g sugars, 1.5 g fiber, 5 g protein

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