

BERRY & GINGER ANTI-NAUSEA SMOOTHIE

NEW MOTHERS' SUPPORT GROUP

Est. 1994

NMSG

Meet • Support • Play



RECIPE OF THE MONTH

BERRY & GINGER ANTI-NAUSEA SMOOTHIE

Ingredients

- 1 cup organic mixed berries (strawberries, blueberry, raspberry, blackberry)
- 1 banana
- ½ avocado
- 1 ½ tbsp nut butter (peanut, almond butter, cashew butter)
- ¼ cup organic oats
- ½ tsp ginger powder
- 1 ½ cups milk of your choice

Method

1. Remove the skin and pit from the avocado.
2. Remove the skin of the ginger and dice it into small pieces.
3. Wash and prep the berries.
4. Add all the ingredients to a blender and blend until smooth.
5. Enjoy!

Credit to

<https://www.allnaturalmothering.com/mom/pregnancy-anti-nausea-smoothie/>