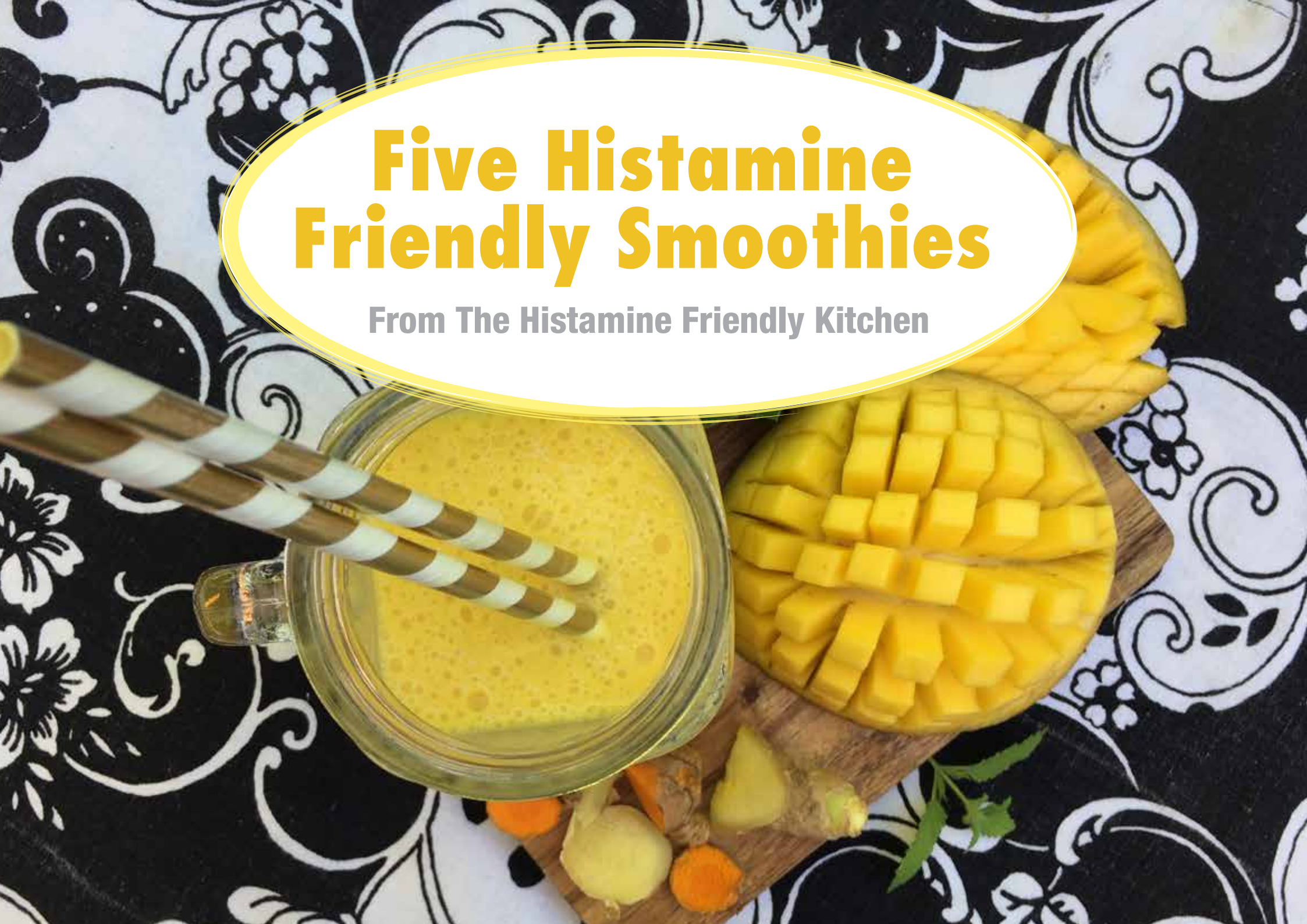


Five Histamine Friendly Smoothies

From The Histamine Friendly Kitchen



Hi there,

I just want to quickly say thank you, for signing up for the Histamine Friendly Newsletter. Great to have you on board as a “Histamine Friendly Kitchen” reader, and I will do my very best to inspire you with some delicious and healing Histamine Friendly dishes.

As a special thanks, I put together this mini ebook for you. With five absolutely yummy smoothie recipes. So, go get out your blender and enjoy \o/

Lots of yummy smoothie vibes,

Tania

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A photograph of two tall glasses filled with a vibrant green smoothie, each with a white and gold striped straw. The glasses sit on a wooden cutting board placed on a white textured tablecloth. In the foreground, there are fresh ingredients: a bunch of arugula, a piece of ginger, and some thyme. The background is a lush green wall of ivy with small white flowers.

Mean Green Anti Histamine Smoothie

Serves: 2

Ingredients:

- 1 apple (ca. 130 g)
- 1 peach (ca. 120 g)
- ¼ cucumber (ca. 80 g)
- 1 stick of celery (ca. 30 g)
- 1 handful of arugula (ca. 10-15 g)
- 5 'twigs' of thyme, remove any woody part
- 1-2 thin slices of ginger
- 1-2 tsp moringa powder
- 1 cup of water or coconut water

Instructions:

Add all ingredients for the smoothie to a high-powered blender, and blend till smooth.

Mango Turmeric Lassi

Serves: 1

Ingredients:

1 – 1 1/2 cup (ca. 180 g) mango, fresh or frozen
3 g fresh turmeric in thin slices
3 g fresh ginger in thin slices
¼ cup (60 ml) goat milk yogurt (or coconut yogurt for a dairy free version)
1 cup (240 ml) unsweetened rice/coconut milk* (or liquid of choice)

Instructions:

Add all the ingredients for the Lassi to the blender, and blend till smooth.

Note: If you can't get fresh turmeric or ginger, you can use the dried spices, ¼ tsp of each should do it. Adjust it the spice level to your taste level.

*I used rice/coconut milk because I like the natural sweetness of the rice milk. If you choose another (plant)milk than rice, you might want to add 1 tsp of honey or other liquid sweetener.



Mango and Cherry Smoothie

Serves: 1-2

Ingredients:

¾ cup (ca. 90 g) of mango, frozen or fresh
1/3 cup (ca. 50 g) of cherries, frozen or fresh
1/3 cup (ca. 50 g) of carrots, steamed and cooled
1 tsp of macadamia nut butter (optional)
1 cup (240 ml) unsweetened almond milk
(or liquid of your choice)

Instructions:

Add all ingredients for the smoothie to your blender, and blend till smooth. You can adjust the thickness to your liking by adding more or less almond milk (or liquid of your choice).



Beet Love Smoothie

Serves: 2

Ingredients:

Ca. 150 g red beet (boiled or steamed, cleaned and cooled to room temperature)

2 apples (deseeded)

70 g (frozen) cauliflower

Ca. 50 g leafy greens (I used red salad baby leaves for this one, but arugula is my favorite for smoothies)

1 date (optional, omit if you prefer your smoothie less sweet)

2-2 1/2 cup (500-650 ml) of unsweetened almond milk (or liquid of choice) (if making a smoothie bowl, add 1 cup less (240 ml less))

Instructions:

Add all ingredients to your blender, and blend till smooth.



Blueberry Basil Smoothie

Serves: 1-2

Ingredients:

1 ½ cup (ca. 200 g) blueberries, frozen or fresh
1 peach (ca. 120 g)
1 handful of purple basil leaves (use normal green basil, if you don't have the purple kind)
1/3 cup (ca. 40 g) cauliflower, frozen or lightly steamed (optional)
1 tbsp hemp seeds
1 cup (240 ml) unsweetened hemp milk*
(or liquid of choice)

Instructions:

Add all ingredients for the smoothie to your blender, and blend till smooth.
The cauliflower is completely optional, but highly recommendable. Not only do you get a bit extra veggies in there, but it also provides a creaminess to the smoothie.

*For an even richer and creamier smoothie, replace ¼ cup (60 ml) of the hemp milk with full fat coconut milk.





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