

Superflora Smoothie Book

Our favourite smoothie recipes





Dear Friend,

We both prioritise having Superflora every day to boost our gut health. Superflora is delicious simply blitzed with milk or water, but we sometimes crave a little variety,

We've experimented (a lot!) with Superflora-based smoothies, and now we've gathered together our favourites to share with you. Adding nuts, fruit, coffee or oats to smoothies, can add extra protein, colour, vitamins and minerals, or a much needed caffeine buzz.

The recipes are all low in FODMAPs. They will also work with other protein powders, but we recommend Superflora because it's packed full of gut-friendly:

1. **PROTEIN** - specifically, high quality, easily digested protein - either Australian whey protein isolate or a blend of three plant-based proteins containing all the essential amino acids.
2. **FIBRE** - our gentle fibre blend is suitable for people with all kinds of sensitive tummies &
3. **PROBIOTICS** - Lactospore, *Bacillus coagulans* MTCC 5858 is clinically proven to reduce bloating and IBS symptoms.

Most importantly, Superflora tastes great! Whether in a shake, a smoothie, or protein balls.

We hope that you enjoy experimenting with Superflora in these recipes.

Let us know which you like the best, and if you've invented your own smoothie please share it with us and our followers on Facebook, Instagram or Twitter.

We also love receiving e-mails at flora@noisyguts.net.

Best wishes,

Mary & Jo



Tropical Mango Smoothie

This recipe was shared with us by Maddie at the Digestive Dietitians in Queensland.

No surprise then, that it is packed with delicious tropical ingredients from the Sunshine State.

Ingredients - serves 1

Blitz and enjoy

- 1 tbsp French Bean Vanilla Superflora
- 40g of mango
- 250 ml of lactose-free milk
- 6 macadamia nuts
- 1 tbsp desiccated coconut
- ice cubes



*Super Choc
Smoothie*



SUPERFLORA

Super Choc Smoothie

This is one of our favourite plant-based smoothie recipes.

Some plant-based protein powders can be grainy. We designed Plant-Based Chocolate Superflora with three different protein powders to make it smooth. The macadamia milk adds extra creaminess.

The cocoa nibs and Valrhona Duch Cocoa in the Superflora provide a mineral and phytochemical rich chocolate hit. Enjoy!

Ingredients - serves 1

Blitz and enjoy

- 3 tbsp of Plant-Based Chocolate Superflora
- 1 tbsp of tahini
- 250ml macadamia milk
- ice-cubes
- 1/2 tsp cocoa nibs to garnish

BENEFITS OF SUPERFLORA





Banana Mocha Smoothie

This is Mary's favourite breakfast smoothie. It is rich and satisfying and gives you enough energy to get through the morning. We stuck to five ingredients here, but if you want it sweeter you can add a tablespoon of maple syrup, or you can add a tablespoon of peanut butter and create a cheeky Chunky Monkey.

Ingredients - serves 1 **Blitz and enjoy**

- 50g Rich Cocoa Chocolate Superflora
- 1/3 ripe frozen banana or fresh banana and ice cubes
- 20g oats (omit if coeliac)
- 250 ml lactose-free milk
- 1 1/2 tbsp cold brew coffee concentrate

Why Superflora?



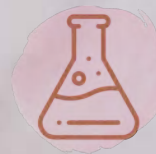
great for your gut:
gluten-free & low-FODMAP



beneficial probiotics & gentle fibre



delicious gourmet ingredients



backed by Nobel prize-winner Prof Barry Marshall



> 25g of protein & just 200 kcal



quick grab 'n go nutrition



Nutty Smoothie

Perfect for afternoon tea for you or the kids. Nuts provide energy to power you through to dinner and are also rich in minerals and vitamin E.

Ingredients - serves 1

Blitz and enjoy

- 50g French Bean Vanilla Superflora
- ½ frozen banana (up to 100g) firm banana*
- 2 tbsp peanut butter
- 1 tbsp walnuts
- 250ml lactose-free milk
- crushed peanuts for decoration

* A low-FODMAP serving size of firm banana is 100g. If you prefer your banana ripe, then you will need to reduce it to 1/3 banana (35g).



Berrylicious Smoothie



This recipe works wonderfully with any of our Superflora flavours. But for extra berryiness we've used Aussie Summer Strawberry Superflora here. It contains sparkly dried 100% Aussie Strawberry powder.

Ingredients - serves 1

Blitz

- 50g Aussie Summer Strawberry Superflora
- 1 strawberry
- 4 raspberries (fresh or frozen)
- 250 ml lactose-free milk
- ice-cubes

Bananarama Smoothie

A delicious creamy and luxurious smoothie.

Ingredients - serves 2

Because you'll want to share the joy of this one!

Blitz and enjoy

- 50g French Bean Vanilla Superflora
- 1 frozen banana*
- 30g vanilla ice-cream, lactose free if desired or substitute with plain frozen yoghurt
- 1 tbsp maple syrup
- 1 tspn vanilla essence
- 400ml lactose free milk
- crushed ice

*Again reduce the banana serving to 35g per person if your banana is ripe.



Good Health starts with Gut Health



SUPERFLORA

What's next?

If you've enjoyed these recipes check out some more ways to get the benefits of Superflora. The [recipes](#) section on our website has tried and tested recipes for Superflora-enhanced protein balls, ice-cream, porridge and more.

There are also a heap of gut-friendly [recipes](#) that provide varied ideas for breakfasts, lunches, dinner and snacks. All are low-FODMAP and most are gluten-free or provide gluten-free swaps.

We've put a selection together in our [Gut Health Challenge](#). This allows you to test out the low-FODMAP diet for 10 days. This diet can help people with IBS, diverticulitis or IBD improve gut symptoms.

Join our private [Friendly Fodmappers](#) Facebook group, where we periodically complete the challenge together.



Buy Superflora shakes

You can buy Superflora shakes online at www.noisyguts.com/shakes



Get in touch
email flora@noisyguts.net

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