



20 Refreshing Low FODMAP
Smoothies

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I hope you enjoy this collection of Low FODMAP Smoothie recipes!

I have listed low FODMAP ingredients per Monash University as of 6/22. Please keep in mind that low FODMAP values may change with updated testing. When in doubt, check ingredient amounts against the Monash app.

Low FODMAP protein powder options include but are not limited to:

- Naked Protein (egg white, pea protein isolate, brown rice)
- Hum Nutrition Core Strength Protein
- Better Blends Protein

For more low FODMAP recipes and digestive health resources, please [visit my website](#) and [sign up for my newsletter](#).

Cheers to delicious health!

EA, aka The Spicy RD



Low FODMAP Chocolate Berry Smoothie

1 serving
10 minutes

Ingredients

60 cups Frozen Raspberries (fresh or frozen)
1 cup Plain Greek Yogurt Or Lactose Free Yogurt
1 tbsp Cacao Powder
1 tsp Vanilla Extract
1 tbsp Cacao Nibs (for garnish)
1 tbsp Unsweetened Shredded Coconut (for garnish)

Nutrition

Amount per serving	
Calories	5010
Fat	81g
Saturated	14g
Carbs	1073g
Fiber	366g
Sugar	556g
Protein	121g
Cholesterol	34mg
Sodium	479mg
Calcium	2531mg
Iron	66mg
Vitamin D	99IU

Directions

- 1 Combine strawberries, yogurt, cacao powder, and vanilla in a blender and blend until smooth.
- 2 Pour over ice, and garnish with cacao nibs and shredded coconut.

Notes

Low FODMAP Option: Use a lactose-free yogurt or a low FODMAP dairy-free yogurt.
High Protein Option: Add a scoop of your favorite protein powder. Manitoba Harvest makes an organic chocolate hemp protein that would be delicious in this smoothie!



Bloat-Fighting Tropical Smoothie

2 servings

5 minutes

Ingredients

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

Directions

- 1 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add raw honey.

More Protein: Add hemp seeds or a scoop of vanilla protein powder.

No Papaya: Use extra pineapple or other fruit like mango or oranges.

Nutrition

Amount per serving	
Calories	162
Fat	5g
Saturated	0g
Carbs	30g
Fiber	7g
Sugar	16g
Protein	4g
Cholesterol	0mg
Sodium	26mg
Calcium	158mg
Iron	3mg
Vitamin D	0IU



Low FODMAP Vegan Pineapple Turmeric Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Pineapple (diced into chunks)
1 1/2 tsps Ginger (peeled and grated)
1/4 cup Vanilla Protein Powder (low fodmap, gluten-free, vegan)
1/2 tsp Turmeric (powder)

Nutrition

Amount per serving	
Calories	204
Fat	3g
Saturated	0g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g
Cholesterol	4mg
Sodium	201mg
Calcium	589mg
Iron	2mg
Vitamin D	101IU

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Low FODMAP Pineapple Kiwi Smoothie

1 serving

5 minutes

Ingredients

1 cup Pineapple (chopped, fresh or frozen)

1 Kiwi (peeled)

1/16 head Green Lettuce (separated into leaves and washed)

1 cup Unsweetened Almond Milk

1 1/2 tsps Plain Greek Yogurt Or Lactose Free Yogurt (I)

Nutrition

Amount per serving	
Calories	159
Fat	3g
Saturated	0g
Carbs	33g
Fiber	5g
Sugar	23g
Protein	3g
Cholesterol	1mg
Sodium	169mg
Calcium	512mg
Iron	1mg
Vitamin D	104IU

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavor: Add protein powder, chia seeds, hemp seeds, honey, or mango.



Low FODMAP Berry Banana Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Berries (see notes for low FODMAP amounts)
- 1/2 Banana (firm)
- 1 cup Kale Leaves
- 1/4 cup Vanilla Protein Powder (low FODMAP)
- 1 tbsp Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Saturated	1g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Calcium	673mg
Iron	3mg
Vitamin D	101IU

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Low FODMAP Berry Servings: Use any 1 cup combo of berries not to exceed: 1/4 cup blueberries, 5 boysenberries, 5 medium strawberries, 30 raspberries



Low FODMAP Vegan Kiwi Green Smoothie

2 servings

5 minutes

Ingredients

2 Kiwi (small, peeled)
1/2 cup Vanilla Protein Powder (Gluten Free, Low FODMAP & Vegan)
2 tbsps Chia Seeds
2 cups Baby Spinach
1 cup Water
4 Ice Cubes

Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Chia Seeds: Use flax seed instead.
No Protein Powder: Use hemp seeds instead.

Nutrition

Amount per serving	
Calories	194
Fat	5g
Saturated	0g
Carbs	18g
Fiber	6g
Sugar	6g
Protein	23g
Cholesterol	4mg
Sodium	66mg
Calcium	246mg
Iron	2mg
Vitamin D	0IU



Low FODMAP Orange Cantaloupe Smoothie

1 serving

5 minutes

Ingredients

1/4 Cantaloupe (small, chopped)
1/2 Navel Orange (peeled)
1/2 cup Water
1/2 cup Unsweetened Almond Milk
2 tbsps Unsweetened Coconut Yogurt
2/3 oz Collagen Powder
5 Ice Cubes

Nutrition

Amount per serving	
Calories	173
Fat	3g
Saturated	1g
Carbs	22g
Fiber	4g
Sugar	17g
Protein	19g
Cholesterol	0mg
Sodium	149mg
Calcium	353mg
Iron	1mg
Vitamin D	50IU

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make It Vegan: Omit collagen powder and use plant-based protein powder.

Additional Toppings: Add spinach, hemp seeds, or chia seeds to your smoothie.



Pineapple Cucumber Smoothie

1 serving

2 minutes

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 1/2 cup Water
- 1/4 Cucumber (roughly chopped)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Chia Seeds (optional)
- 1 tsp Ginger (fresh, grated, optional)

Nutrition

Amount per serving	
Calories	134
Fat	2g
Saturated	0g
Carbs	29g
Fiber	5g
Sugar	18g
Protein	3g
Cholesterol	0mg
Sodium	30mg
Calcium	109mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

Likes it Sweet: Add honey, dates, or another sweetener of choice to taste.

More Protein: Add collagen powder or hemp seeds.

No Baby Spinach: Use kale instead.

Pineapple: If using fresh pineapple add ice cubes for a colder smoothie.



Low FODMAP Jackfruit Carrot Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Jackfruit (ripe, fresh or frozen)
- 1 Carrot (medium, chopped)
- 1 1/4 cups Lactose Free Milk (plain, unsweetened)
- 1/4 cup Vanilla Protein Powder (low FODMAP)

Nutrition

Amount per serving	
Calories	797
Fat	55g
Saturated	50g
Carbs	53g
Fiber	5g
Sugar	38g
Protein	26g
Cholesterol	4mg
Sodium	159mg
Calcium	186mg
Iron	1mg
Vitamin D	0IU

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

No Oat Milk: Use plain coconut milk instead.



Tropical Green Flaxseed Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Frozen Pineapple
1 cup Fresh Baby Spinach (packed)
1 1/2 tsps Lime Juice
3/4 tsp Ground Ginger
1/2 cup Unsweetened Almond Milk
1/2 cup Lite Coconut Milk
2 tsps Manitoba Milling Company
Smooth Whole Milled Flaxseed (1
tablespoon for low FODMAP version)
Salt (pinch, optional)

Directions

1 Combine all ingredients in a blender and blend until smooth.

Nutrition

Amount per serving	
Calories	276
Fat	18g
Saturated	7g
Carbs	27g
Fiber	9g
Sugar	14g
Protein	6g
Cholesterol	0mg
Sodium	139mg
Calcium	323mg
Iron	3mg
Vitamin D	50IU



Low FODMAP Golden Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Lite Coconut Milk
1/2 cup Unsweetened Almond Milk
1 cup Frozen Pineapple
1/2 Banana (frozen, firm)
1/3 cup Zucchini (chopped and peeled, frozen)
1 1/2 tsps Ginger (fresh, minced)
1 tsp Turmeric

Nutrition

Amount per serving	
Calories	245
Fat	9g
Saturated	6g
Carbs	41g
Fiber	6g
Sugar	26g
Protein	3g
Cholesterol	0mg
Sodium	114mg
Calcium	264mg
Iron	3mg
Vitamin D	50IU

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini: Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger: Use powdered ginger instead, reduce to 1/2 tsp per serving.



Low FODMAP Cinnamon Green Smoothie

2 servings

10 minutes

Ingredients

2 1/2 cups Unsweetened Almond Milk (unsweetened, plain)

2 Banana (medium, firm)

2 cups Baby Spinach

1/16 head Green Lettuce (separated into leaves and washed)

1/2 cup Vanilla Protein Powder (low FODMAP)

1/2 tsp Cinnamon

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

More Flavor: Add grated ginger.

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds instead.

Nutrition

Amount per serving	
Calories	235
Fat	4g
Saturated	0g
Carbs	31g
Fiber	6g
Sugar	15g
Protein	22g
Cholesterol	4mg
Sodium	264mg
Calcium	720mg
Iron	2mg
Vitamin D	126IU



Low FODMAP Mocha Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/4 cup Coffee (brewed)
1 Banana (medium, firm)
1/4 cup Vanilla Protein Powder (low FODMAP)
1 tbsp Cocoa Powder
1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	244
Fat	4g
Saturated	1g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	22g
Cholesterol	4mg
Sodium	202mg
Calcium	579mg
Iron	2mg
Vitamin D	101IU

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	209
Fat	4g
Saturated	0g
Carbs	26g
Fiber	6g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	204mg
Calcium	618mg
Iron	1mg
Vitamin D	101IU

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Low FODMAP Peanut Butter Chickpea Smoothie copy

1 serving

5 minutes

Ingredients

- 1/2 cup Water
- 1/2 cup Chickpeas (canned, rinsed, and drained)
- 1/4 cup Unsweetened Coconut Yogurt
- 1 Banana (medium, firm)
- 1 tbsp All Natural Peanut Butter

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving equals approximately 1 1/2 cups.

Nutrition

Amount per serving	
Calories	363
Fat	12g
Saturated	4g
Carbs	56g
Fiber	11g
Sugar	20g
Protein	12g
Cholesterol	0mg
Sodium	24mg
Calcium	191mg
Iron	3mg
Vitamin D	0IU



Low FODMAP Raspberry Smoothie

1 serving

5 minutes

Ingredients

- 2 1/8 ozs Frozen Raspberries
- 1 cup Plain Kefir (lactose free)
- 1/2 Banana (medium, firm)
- 1 tbsp Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	324
Fat	12g
Saturated	2g
Carbs	42g
Fiber	5g
Sugar	30g
Protein	16g
Cholesterol	10mg
Sodium	174mg
Calcium	428mg
Iron	1mg
Vitamin D	101IU

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Make it Vegan & Dairy-Free: Use coconut yogurt instead of kefir.

No Sunflower Seed Butter: Use almond or peanut butter instead.

Likes it Sweet: Add maple syrup, honey, or dates to taste.



Salted Peanut Butter & Chocolate Smoothie

1 serving

5 minutes

Ingredients

1 cup Lite Coconut Milk
2 tbsps All Natural Peanut Butter
1/4 cup Chocolate Protein Powder
1/2 oz Collagen Powder
1 tbsp Cacao Powder
1/2 tsp Monk Fruit Sweetener
1/8 tsp Sea Salt
4 Ice Cubes

Nutrition

Amount per serving	
Calories	511
Fat	34g
Saturated	16g
Carbs	16g
Fiber	4g
Sugar	6g
Protein	39g
Cholesterol	4mg
Sodium	428mg
Calcium	147mg
Iron	2mg
Vitamin D	0IU

Directions

1

Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Coconut Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, hemp seeds, or chia seeds to your smoothie before blending.

Make it Vegan: Omit collagen powder.



Low FODMAP Pineapple Ginger Kale Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Orange (Skin removed and chopped.)
- 3/4 cup Pineapple
- 1 cup Kale Leaves
- 1 tsp Ground Ginger (Or to taste.)
- 1 Ice Cubes
- 2 tbsps Protein Powder (1 scoop)

Nutrition

Amount per serving	
Calories	174
Fat	3g
Saturated	0g
Carbs	25g
Fiber	5g
Sugar	12g
Protein	13g
Cholesterol	2mg
Sodium	236mg
Calcium	606mg
Iron	3mg
Vitamin D	0IU

Directions

1

Place all ingredients in a powerful blender, such as a Vitamix, and combine until smooth. Pour into a tall glass and enjoy!

Notes

MILK OPTIONS: Almond milk may be substituted with your favorite low FODMAP dairy or non-dairy beverage.

PROTEIN POWDER: Choose a low FODMAP protein powder such as unsweetened egg white protein powder, whey protein isolate, or rice protein powder.

SWEETENER: If additional sweetness is desired, you can add a little maple syrup to taste.



Low FODMAP Oatmeal Cookie Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Almond Milk

1/2 cup Frozen Banana (Firm)

3 tbsps Oats

1 1/2 tpsps Almond Butter

1/8 tsp Vanilla Extract

1/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	232
Fat	8g
Saturated	1g
Carbs	39g
Fiber	6g
Sugar	14g
Protein	6g
Cholesterol	0mg
Sodium	123mg
Calcium	386mg
Iron	2mg
Vitamin D	76IU

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Almond Milk: Use another type of milk such as oat, coconut, or dairy milk.

Nut-Free: Use tahini.

Protein Powder: Add a scoop of vanilla protein powder.



Low FODAP Berry Yogurt Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 tps Plain Greek Yogurt Or Lactose Free Yogurt
- 1 tbsp Maple Syrup
- 1 Banana (frozen, firm)
- 2 1/8 ozs Frozen Raspberries
- 1 tbsp Ground Flax Seed
- 1 cup Water

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Ultra Creamy: Use milk instead of water.

Nutrition

Amount per serving	
Calories	231
Fat	3g
Saturated	0g
Carbs	50g
Fiber	7g
Sugar	31g
Protein	4g
Cholesterol	1mg
Sodium	15mg
Calcium	90mg
Iron	1mg
Vitamin D	3IU



Low FODMAP Gingerbread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder (low FODMAP)
- 1/2 Banana (frozen, firm)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tsp Blackstrap Molasses
- 1/2 tsp Ginger (fresh, minced)
- 1/4 tsp Cinnamon (ground)
- 1/8 tsp Ground Cloves

Nutrition

Amount per serving	
Calories	348
Fat	16g
Saturated	1g
Carbs	30g
Fiber	8g
Sugar	11g
Protein	26g
Cholesterol	4mg
Sodium	206mg
Calcium	732mg
Iron	4mg
Vitamin D	101IU

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Blackstrap Molasses: Use maple syrup instead.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies: Add frozen cauliflower.