



Ginger Anti-Nausea Smoothie

INGREDIENTS

- 1 large frozen banana, sliced
- 1 cup unsweetened almond milk
- 6-8 strawberries
- ¼ cup old-fashioned or gluten free oats
- 2 tsp. grated ginger to desired amount and taste (check with your doctor first!)
- ½ tsp. vanilla

INSTRUCTIONS

1. Place all of the ingredients in a blender and process until smooth.