THE LIGHTER PLATE METHOD

Good Gut Juice

A gentle, fibre-rich blend built around green banana and papaya.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 2 tbsp green banana flour (or mashed ripe banana)
- 2 tbsp papaya (chopped)
- 1 dessert spoon flaxseed
- 200 ml chamomile tea (brewed and cooled)

Method

1. Blend all the ingredients together.
2. Drink without straining.

Tips & swaps

- Green banana flour is available in health food shops; ripe mashed banana works as an easier substitute.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
100	**2g**	**22g**	**2g**	**4g**

Estimated values, for guidance only.