

Recipe | Vegan Smoothie

3 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=IQQ5U1EBDIO](https://www.youtube.com/watch?v=IQQ5U1EBDIO)
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SUMMARY

Dhuanisha, a nutritionist, shares a vegan banana smoothie recipe tailored for new moms, emphasizing the use of almond milk to avoid lactose intolerance and promote milk production. The smoothie combines bananas, walnuts, flaxseeds, and almond milk, providing a nutritious option that helps control sugar cravings and enhances overall health.

- *The smoothie is vegan, using almond milk instead of dairy to accommodate lactose intolerance.*
- *Ingredients include banana, walnuts, flaxseeds, and unsweetened almond milk.*
- *Walnuts should be freshly crushed for optimal taste and health benefits.*
- *The combination of nuts and seeds boosts magnesium and calcium, aiding milk production.*
- *The smoothie is naturally sweetened by banana, with an optional dash of honey.*
- *Smoothies are quick to prepare, nutritious, and versatile for any time of day.*
- *Dhuanisha encourages viewers to subscribe for more healthy recipes and tips.*

Speaker 1: Hi guys, this is me, nutritionist Dhuanisha and I'm back again at Kidstop Press to get you some yummy, fun, healthy recipes for moms today. So what we are making today is a smoothie. The smoothie is a vegan version of the usual banana smoothie. Why vegan? A lot of new moms experience lactose intolerance. They experience some bloating or some discomfort in the stomach with milk. So that's the reason we are using almond milk.

Speaker 1: We are also using some nuts and seeds like flaxseed, walnuts and with a banana to make it a mosing smoothie. A combination of all of these ingredients is going to help you control your sugar cravings. It is going to enhance the quality of your milk and also help you produce good amount of milk necessary for your newborn. So let's get going. I'm going to take in some banana slices.

Speaker 1: It doesn't matter whether you use the elai banana or the big banana, the benefits remain the same. So I have taken one big banana, cut into slices so that it's easy to blend. I'm putting in two walnut halves. If you crush the walnut shell fresh and use the walnuts, taste is going to be amazing. But if you keep the broken shelled walnuts, shelled walnuts, after a while the walnut is going to get rancid.

Speaker 1: So I prefer you break it fresh and use it. That will give you a very good health benefit. I'm going to add some flax seeds to this. So about a teaspoon of flax seeds should do the trick. The best part is when you mix nuts and seeds, they have a lot of magnesium and calcium together. So this combination enhances milk production. It calms your nerves and it also reduces the pain and the swelling around the belly.

Speaker 1: We're going to pour in about 200 milliliters of almond milk. So this is unsweetened almond milk because the banana is going to give it the natural sweetness. You can add a dash of honey if you feel like, but I'd rather prefer it the way it is. If you think milk is good for you can tolerate milk, go ahead, replace this with regular milk. But almond milk has a lot of hormone boosting properties and it will help to stimulate some production.

Speaker 1: I simply love smoothies because they are nutrition packed all in one, simple to make, easy to gulk down and any time of the day flavings are gone. So once my smoothie is done, I'm just going to serve it in a bottle for use later or you can just pour it over some crushed eyes and enjoy the jitia hot day.

Speaker 1: So there we are. Nutrition packed olive. For more recipes conversation DIYs for kids. Don't forget to subscribe to our channel and hit the bell icon so you never miss a video from kidstoppress. Com.