



YeneHealth  
care women deserve

# MORNING SICKNESS SMOOTHIE

Feeling nauseated might be a rite of passage for many pregnancies, but that doesn't mean you have to grin and bear it.

Try this **morning sickness smoothie** to help settle your tummy, while giving your body a boost of nutrients.

1

## INGREDIENTS

- 1 cup diced pineapple
- 1 Tbsp fresh ginger
- 1 Tbsp lemon juice (omit if you have bad acid reflux)
- 1 cup kale or collard green leaves
- 1Tbsp honey or maple syrup (omit if you have gestational diabetes)
- 1 cup ice
- 1.5 cups water

Serves 1-2  
Prep Time 10 minutes



2

## INSTRUCTIONS

1. Add all ingredients in a high speed blender.
2. Blend until smooth and enjoy!

*Ginger root has long been studied for its ability to reduce nausea during pregnancy.*

**Tip:** Add a scoop of beso or (vegan protein powder) or a couple of ounces of silken tofu to boost the plant-protein content of this beverage. Throw in an avocado for some extra healthy fats. Or enjoy it as is for a tummy-taming sip on those days when you can't keep anything down!