

# Bland Blend for Upset Tummies



*This blend contains probiotics, ginger, and chamomile to help ease tummy troubles.*

## Photo Contest!



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## Nutrition Info

- Makes:** fluid ounces  
= cups  
= milliliters (mL)
- Calories:** 350 kcal
- Kcals/ mL:** kcal/ mL
- Carbohydrate:** 48.5%
- Protein:** 29%
- Fat:** 22.5%

## Make it for the whole family:

For more info for eating bland foods for an upset tummy check out this article by Oregon Clinic: <https://www.oregonclinic.com/diets-BRAT>

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## Ingredients

- 1 cup water or chilled chamomile tea
- 3 tablespoons mashed potato flakes
- 2 cups chicken stock
- 8 ounces low-fat plain Greek yogurt or kefir
- 1 cup applesauce
- ½ teaspoon olive oil
- ¼ teaspoon ground ginger

## Preparation

1. Add 3 tablespoons mashed potato flakes to 1 cup water or chamomile tea, mix well.
2. Add all remaining ingredients, whisk until smooth. Strain if necessary.
3. Thin as desired with water or other fluid such as milk or milk alternative.

## Kitchen Gear

Measuring tools:

- 1 cup
- Tablespoon
- ¼ teaspoon

## Tips

Look for yogurt that has live and active cultures. Probiotics may ease tummy troubles as well as occasional diarrhea and constipation.

For a non-dairy version look for dairy-free kefir or swap soy or other non-dairy milk for the greek yogurt.

To keep up the protein you may want to add 1-2 teaspoons of your favorite protein powder such as pea protein or hemp protein.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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