

Going Lo-Co: Eileen's Grapefruit-Metamucil Smoothie

- Scoop out the inside of one grapefruit and place it in blender
- Add a bit of honey and a several ice cubes and blend
- Add one round teaspoon of plain psyllium husk powder * and a couple ounces of cold water and blend again.

NOTE: it is very important to drink Metamucil with liquid! Make sure your smoothie has enough liquid – here is the Metamucil label info/warning (pasted from: <http://www.metawellness.com/en-us/products/fiber-powder/metamucil-original-coarse-powder>):

“Mix this product with at least 8 oz. (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

Allergy alert: This product may cause an allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea, or vomiting. STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.”

* Karen's notes on Psyllium Husk Powder:

Psyllium Husk Powder is available in several formats ... for Eileen's recipe, which mixes it with water and blended grapefruit, you'll likely want an unflavored version.... And you may prefer unsweetened OR sweetened lightly with sugar (I stay away from aspartame). Unflavored Psyllium Husk Powder is available as brand Metamucil in two forms, and is also available in health food outlets sugar and aspartame-free.

Non-flavored, non-sweetened psyllium husk powder is available online and in health food stores. Personally, I would be very careful to read ingredients before using non-branded options/from health food stores or online. But if only ingredient is psyllium husk, should be good.

Metamucil brand options:

- **No-sugar, no-aspartame:** Metamucil Original Smooth: <http://www.metawellness.com/en-us/products/fiber-powder/sugar-free-original-smooth>
- **No aspartame, some sugar:** Metamucil Original Course Powder: <http://www.metawellness.com/en-us/products/fiber-powder/metamucil-original-coarse-powder>