Michele Sodon

GINGER STRAWBERRY KAMBUCHA SMOOTHIE

354	6g	35g	23g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	KOMBUCHA (HOMEMADE OR STORE BOUGHT)
1 C	FROZEN STAWBERRIES
1 TBSP	COCONUT OIL
2 TBSP	CHIA SEEDS OR CHIA SEED GEL
½ TSP	HONEY TO SWEETEN
½ INCH	GINGER, PEELED, AND MINCED
½ INCH	TEASPOON POWDERED GINGER

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND ON HIGH UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.