



GINGER STRAWBERRY KOMBUCHA SMOOTHIE

354

Calories

6g

Protein

35g

Carbs

23g

Fat

1 cup kombucha (homemade or store bought - I like GT's Kombucha)

1 cup frozen strawberries

1 TBSP coconut oil

2 TBSP chia seeds or chia seed gel

½ inch ginger, peeled and minced or ¼teaspoon powdered ginger

Place all ingredients into a blender. Blend on high until smooth. Add crushed ice if desired.