



## **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.