



# Fitness Aspects

For the Body & Mind

## GINGER STRAWBERRY KAMBUCHA SMOOTHIE

 354 CALORIES	 6g PROTEIN	 35g CARBS	 23g FAT
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### 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.

