



CATALYST 4 FITNESS
YOUR FITNESS AND NUTRITION SOLUTION

GINGER STRAWBERRY KAMBUCHA SMOOTHIE

354

CALORIES

6g

PROTEIN

35g

CARBS

23g

FAT

INGREDIENTS:

1 C	KOMBUCHA (HOMEMADE OR STORE BOUGHT)
1 C	FROZEN STRAWBERRIES
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.

