

## Ginger, Pineapple, Spinach Kombucha Smoothie



*Introducing the ultimate blend of health and flavor: the Pineapple Ginger Kombucha Smoothie. Packed with the goodness of protein, fiber, and probiotics, this vibrant concoction offers a refreshing burst of antioxidants with every sip. Crafted to tantalize the taste buds, its zesty fusion of ginger and pineapple delivers a symphony of acidity and freshness. Each serving boasts a bountiful 3.5 billion live probiotics, nurturing gut health while satisfying cravings with its velvety texture and invigorating taste. Embrace wellness with every sip of this delicious, gut-friendly beverage.*

Preparation 5 min

Cooking 0 min

Portion 2

Nutrition Facts (per serving)

Calories 190 kcal

Fat 6 g

Carbohydrates 24 g

Fibre 7 g

Protein 9 g  
Sodium 50 mg

## Ingredients

- 500 ml (2 cups) of fresh baby spinach
- 500 ml (2 cups) of ginger kombucha
- 250 ml (1 cup) of frozen pineapple chunks
- 125 ml (½ cup) of 0% plain Greek yogurt
- 30 ml (2 tbsp) of chia seeds
- 30 ml (2 tbsp) of ground flax seeds

## Preparation

1. In a blender, combine all the ingredients. Blend until smooth and well combined.
2. Serve immediately and enjoy your nutritious Kombucha Smoothie!

## Notes

Keeps 3 days in the refrigerator, does not freeze



Sophie Idris  
Registered Dietitian Nutritionist in Montreal