



Ginger/Turmeric Kombucha Cooler

INGREDIENTS

1 cup ginger Kombucha ¼ cup pineapple ¼ of a banana
½ tsp ground or freshly grated ginger root 1 tsp ground or freshly grated turmeric
1 scoop of protein powder large handful of kale (optional) Ice to taste

DIRECTIONS

Add all ingredients to blender. Blend until well combined. Makes 1 serving; approximately 200 calories (depending on the brand of Kombucha you use)