

Kombucha Apple Smoothie

Equipment Needed:

Blending machine

Knife

Measuring cup and measuring spoons

Cutting board

To Make The Recipe:

1 cup kombucha fermented with chia or 3/4 cup kombucha and 1 tbsp chia

1 apple, cored but not peeled, cut into pieces

1/2 cup wild blueberry, frozen

2 tsp maple syrup

1/4 tsp cinnamon

Place all the ingredients in a blender and blend. Pour into a tall glass and serve.