

Orange Sauerkraut Smoothie

This is an amazingly delicious smoothie. Make sure the orange that you use is ripe as this will have the most flavour.

Equipment Needed:

NutriBullet, Vitamix or Blender
Knife
Peeler for peeling carrot (optional)
Cutting board
Glass for drinking the smoothie

Recipe:

2 tsp chia
1/2 cup water or kefir water*
1/2 cup sauerkraut
1 carrot, peeled and cut into pieces
4 fresh or dried dates, pitted
1 orange, peeled

Place the water and the chia into the blending machine. Add the sauerkraut and carrot. Pull the peeled orange apart and check for seeds. Add to the blending machine. Blend until smooth and pour into a glass. Chill if you prefer a colder smoothie

*ice cubes or kefir water ice cubes can be used to make the smoothie colder if the machine you are using allows for ice cubes. This allows for a cold smoothie that is ready right away.