

Tomato Kimchi Smoothie

Equipment Needed:

Blending machine
Measuring cup and measuring spoons
Cutting board
Knife

To Make The Recipe:

1/2 cup kimchi
10 cherry tomatoes
1 cup spinach, washed
1/4 cup hemp seeds
1/2 cup spring water

Place all the ingredients into the blending machine and blend until smooth. Transfer to a glass and serve.

If you like a cold smoothie and your blending machine can blend ice then use the ice cubes instead of water. Another option is to freeze the cherry tomatoes ahead of time and then follow the recipe using the frozen tomatoes.