

# Whole Body Superfood Smoothie

By **Uplift Nutritionist**

**Yields:** Approximately 2 16-ounce servings

Be transported away to a tropical beach in minutes with this bright and delicious smoothie packed with nutrients to support the whole body!

## Ingredients

- 1 cup **Kombucha**, any flavor
- 1 cup **Frozen Mixed Berries**
- 1 cup **Kale**, roughly chopped (about 4 leaves, de stemmed)
- ½-inch piece **Fresh Turmeric Root**, peeled and grated
- ½-inch piece **Fresh Ginger Root**, peeled and grated
- 1 Tbsp **Chia Seeds**
- ½ of an **Avocado**
- 3 Tbsp **Vanilla Collagen Protein Powder**
- 1 cup **Ice Cubes**
- ½ cup **Water**, more or less to taste



## Instructions

Combine all ingredients, except water, into a blender. Blend on high until smooth, adding ¼ cup of water at a time until desired consistency is reached.

\*Note, this recipe is NOT vegan as it contains bone broth collagen from bovine. Some alternative marine sources of collagen are available.

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