



Wild Blueberry Ginger Kombucha Smoothie

By Dixya Bhattarai, [Food, Pleasure & Health](#)

Ingredients for 1 serving:

- 1 cup (250 ml) frozen wild blueberries
- 1 banana
- 1/2 cup (125 ml) kombucha (any flavour)
- 1 small knob of ginger, grated

Directions:

1. Place all ingredients in a blender and process until smooth.
2. Serve immediately.



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Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberries.com). For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Sally Matteo or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: sally@thesirengroup.com or susan@thesirengroup.com. Visit: www.thesirengroup.com or on [Twitter](#) or [Instagram](#) @thesirengroup.