

TROPICAL SMOOTHIE

DURATION:
6 minutes

SERVING: 1

INGREDIENTS

- 2 teaspoons Bragg Apple Cider Vinegar
- ½ cup frozen pineapple
- ½ cup frozen peach
- ½ teaspoon grated fresh ginger
- 1 teaspoon chia seeds
- 1 cup of milk of your choice

PREPARATION

1. Add all ingredients into a high speed blender and blend until smooth.
2. Serve immediately.

TIPS

If the smoothie is too thick, add 1 tablespoon of water and blend. Repeat step until desired consistency is reached.

