

Gut Superfoods: Sauerkraut!

Berry Delicious Kraut Smoothie

Serves 1

- Juice of one grapefruit or one orange, poured through a strainer
- 1/2 cup frozen wild blueberries or strawberries
- 1/4 cup sauerkraut (do not rinse and include some of the juice)
- 4 soft dates
- 1 tsp chia, ground
- 1/4 cup water, if needed to adjust the consistency

Place all of the ingredients in a blender and blend until smooth.



Tips:

- Don't judge the sauerkraut – it blends in with the other flavours beautifully and gives you added good bacteria benefits
- Dried dates can be used. They will just take longer to blend
- Juicing the grapefruit or orange can be as simple as using a citrus hand juicer. Squeeze with your hands to make sure you get all the juice. Pour the juice through a sieve or strainer to remove any seeds
- Measure out the chia before grinding in a coffee grinder. Grind enough for several days to save time. You can throw the whole seeds into the blender but they may not break down completely. If you do not have a coffee grinder, soak the chia in some water for at least 30 minutes to make it easier to blend. This could be done the night before to save time. You can also soak enough for several days and keep it in the refrigerator to use as needed.