

## Kombucha Yoghurt Smoothie

serves 2

Choose slightly vinegary (not old and too sour) Kombucha for this berry delicious smoothie. Fermented foods contain gut-friendly bacteria or probiotics that promote a healthy digestive system.



### Ingredients | Method

1½ cups organic mixed berries, fresh or frozen  
⅔ cup Kombucha (buy a bottle of this fermented tea from Alchemy or local health food shops)  
3 tbsp full-cream plain Greek yoghurt  
Pinch Himalayan salt (to bring out the flavour)  
1 cup ice cubes, if using fresh berries

In a blender combine all ingredients. Blend until smooth. Pour into glasses and serve.

Left-over smoothie may be stored in the fridge for up to 24 hours, or pour into an ice tray and freeze – ready for whenever you need a pick-me-up.

Home brewers of Kombucha tea need to exercise caution, avoiding over-fermentation and, with bacteria and yeast, the risk of contamination. Alchemy hold workshops on perfecting the art of safe food fermenting and their next class is on Saturday 3 June – book online or phone 6428 3007.

### Recipe #21 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



640 Forth Road, Forth  
Open Mon-Sat | 9am-4pm  
Tel. (03) 6428 2013 | 6428 3007  
[www.purplehousenaturaltherapies.com.au](http://www.purplehousenaturaltherapies.com.au)