



Blueberry Kombucha Spritzer

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: ~1 cup

Ingredients

2 cups frozen blueberries

1-2 tablespoons lemon juice, to taste (about ¼-½ lemon)

2 teaspoons sweetener (e.g. sugar, honey, maple syrup)

1¼ cups (10 ounces) kombucha (plain or flavored)

Optional: Lemon slices or twists and/or fresh blueberries, for garnish

Directions

1. Add the blueberries, lemon juice, and sweetener to the pitcher of a blender or food processor.
2. Blend until smooth, adding some of the kombucha to assist with blending if needed.
3. Add the remaining amount of the kombucha to the blender or food processor and stir by hand or pulse briefly to combine.
4. Pour into two glasses, dividing equally between the glasses.
5. Serve cold, garnishing with lemon and/or fresh blueberries as desired.

Recipe Notes

- For a boost of flavor, consider adding 1 teaspoon grated fresh ginger or ¼ teaspoon ground cinnamon.
- If you cannot find or do not have kombucha, plain seltzer water can be substituted in a pinch – though, it does not have the same probiotic benefits of kombucha, which is fermented.
- Kombucha is made from tea, which usually has caffeine.

**Nutrition Facts Per Serving: Calories: 115 | Total Fat: 0.5 g | Saturated Fat: 0 g
Sodium: 20 mg | Total Carbohydrate: 29 g | Dietary Fiber: 4 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs