Two Smoothies

These super smoothies are naturally delicious and nutritious and make a great snack or even a dessert!

Pineapple Ginger

Blend 1 c. fresh or frozen **pineapple**, cut into 1-inch pieces, a 1-inch piece fresh **ginger**, peeled and minced, 1/2 c. homemade SCD **yogurt**, 1 c. legal **pineapple juice**, 1/8 tsp. **cinnamon** and 1/2 c. **ice** (if using fresh pineapple). Serves 2

Almond Date

Blend 3 Tbs. legal **almond butter**, 4 pitted unsweetened **dates** (preferably Medjool), 1 c. homemade SCD **yogurt**, 1 c. unsweetened **apple cider** and 1 c. **ice**. Serves 2