

STRAWBERRY KEFIR SMOOTHIE

NUTRITION FACTS

Serving Size: Approximately 1 1/2 cups

Calories: 277 | Carbohydrates: 37g | Protein: 18g | Total Fat: 7g | Saturated Fat: 2g | Sodium: 216mg | Fiber: 7g

INGREDIENTS

- 1 1/4 cup Plain Kefir
- 1 cup Strawberries (Frozen)
- 1 tbsp Chia Seeds

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Change It Up: Try Greek yogurt in place of Kefir.

More Fiber: Add a handful of baby spinach or kale.

Dairy-Free: Use coconut milk kefir.





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