

Strawberry Banana Kefir Smoothie

A deliciously fruity kefir smoothie, perfect for a quick breakfast or snack!

Yield:

1 large smoothie

Ingredients:

1 large banana, broken into 4 chunks

1 cup frozen strawberries

1 cup kefir

stevia or other sweetener, optional

For more protein, you can also add in a scoop of protein powder

(vanilla or unflavored soy or whey protein, which is sold for shakes)

Instructions:

1. Place banana, strawberries, kefir, and stevia (if using) into a blender.

2. Blend for a minute or two, until smooth. Pour into a large glass or two smaller glasses and enjoy!



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This recipe is from Tammy's Recipes.