



Kefir Berry Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Frozen Berries
- 1 cup Plain Kefir
- 1/2 Banana (medium)
- 1 tbsp Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	64g
Fiber	11g
Sugar	48g
Protein	17g
Selenium	17µg

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Make it Vegan & Dairy-Free: Use coconut yogurt instead of kefir.

No Sunflower Seed Butter: Use almond or peanut butter instead.

Likes it Sweet: Add maple syrup, honey, or dates to taste.