**Ingredients**
1 cup plain unsweetened kefir
½ cup unsweetened almond milk (or milk of your choice)
½ cup frozen cauliflower
1 cup berries (frozen or fresh)
½ medium banana
1 tbsp ground flax
½ tsp vanilla extract

**Directions**
Put the kefir, milk and cauliflower in a blender and blend until smooth
Add the remaining ingredients and blend

**Tip**
If using a standard blender, blending the cauliflower with the liquid first is helpful.
If you have a Ninja or other high-powered blender, blending everything at once should work just fine.

**Nutrition Fun Facts**
Kefir is a probiotic and contains B12, calcium, magnesium, vitamin K2, biotin, and folate.

- Flaxseeds are a great source of omega 3s
- Berries are a good source of antioxidants
- Bananas are rich in potassium and can help lower blood pressure
- Cauliflower is a great source of fiber as well as numerous vitamins and minerals including vitamin C