

BERRY SMOOTHIE

Makes 2 servings

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

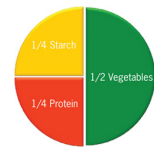
Kefir is a probiotic and contains B12, calcium, magnesium, vitamin K2, biotin, and folate.

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



| Nutrition Facts | |
|--|-----------------|
| 2 servings per container | |
| Serving size | 1.5 cups |
| Amount Per Serving | |
| Calories | 190 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 1g | 5% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 5mg | 2% |
| Sodium 180mg | 8% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 7g | 25% |
| Total Sugars 18g | |
| Includes 0g Added Sugars | 0% |
| Protein 9g | 18% |
| Vitamin D 3.4mcg | 15% |
| Calcium 390mg | 30% |
| Iron 1.62mg | 8% |
| Potassium 940mg | 20% |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |