



Strawberry Kefir Smoothie

Serves 2

- 1 cup frozen strawberries
- 2 medium bananas, peeled
- 1 1/2 cups almond or coconut milk
- 3/4 cups plain unsweetened kefir
- 2 scoops vanilla protein powder

Throw all the ingredients into the blender and blend until smooth. Enjoy!

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