

Smoothie Booster Shake with Kefir and sweet Apple Cider

Yield: 1 serving

125	ml	Kefir, 2% mf	½	cup
250	ml	Sweet Apple Cider	1	cup
15	ml	Maple syrup (optional)	1	Tbsp
15	ml	Valley Kitchen Smoothie Booster	1	Tbsp



1. Combine all ingredients in a glass or shaker.
2. Blend.

Per serving: 380 calories, 12 g fat, 4 g saturated fat, 25 mg cholesterol, 130 mg sodium, 55 g carbohydrate, 4 g fiber, 15 protein

Kefir is a milk beverage made of cow's milk or coconut milk. Kefir is made using kefir grains, which are yeast/bacterial fermentation starter. This makes kefir a probiotic. Kefir originates from the Northern area of the Caucasus Mountains, between Russia and Georgia.