

Breakfast | Snack

Blu-avo-nana Smoothie

10 Mins Prep Time

O MinsCook Time

2 Servings

192 Calories 3g Fat 36g Carbs 7g Protein



Ingredients

2 Servings • 1 Cup Serving Size



Allergens: Dairy

1 Cup Berry Low-Fat Kefir

1 Cup Blueberries, frozen



2 Tbsp Avocado 👣



Allergen Swap

Dairy Substitutes Non-dairy Kefir

Nourishment Note!



(7) Kefir

Kefir is a fermented milk drink rich in probiotics. Probiotics are especially beneficial for gut health. Kefir also contains calcium, important for bone health.



Blueberries

Blueberries are high in fiber, vitamin C and vitamin K and have an incredibly high number of antioxidants.



Avocado

Avocadoes are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working at its best.



® Banana

Bananas are rich in potassium and magnesium, both of which are important for heart health. They are also a good source of fiber and antioxidants.



Instructions

1. Combine Ingredients & Blend

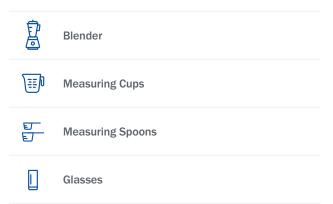
Add all ingredients to blender and blend on high until smooth.

2. Pour & Enjoy!

Pour into glasses and enjoy!

Recipe adapted from <u>lifewaykefir.com</u>

What You'll Need



RA Cooking Tips

Avocado: To avoid cutting avocados, purchase peeled, frozen avocado instead.

Banana: Peel banana before freezing.