

Breakfast | Snack

Blu-avo-nana Smoothie

10 Mins
Prep Time

0 Mins
Cook Time

2
Servings

 **192 Calories** **3g Fat** **36g Carbs** **7g Protein**



Ingredients

 **2 Servings** • **1 Cup** Serving Size  **10 Mins** Total Time

 **Allergens: Dairy**

1 Cup Berry Low-Fat Kefir 

1 Cup Blueberries, frozen 

2 Tbsp Avocado 

1 Large Banana, frozen 

Allergen Swap

Dairy Substitutes Non-dairy Kefir

Nourishment Note!



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

Avocados 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 lifewaykefir.com

What You'll Need



Blender



Measuring Cups



Measuring Spoons



Glasses

RA Cooking Tips

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

Banana: Peel banana before freezing.