

Berry-Kefir Smoothie

Ingredients:

- ***1 cup mixed berries (fresh or frozen)***
- ***1 cup plain kefir***
- ***1 tablespoon chia seeds***
- ***1 teaspoon honey (optional)***
- ***Ice cubes***

Instructions:

- 1. Place all ingredients into a blender.***
- 2. Blend until smooth.***
- 3. Pour into a glass and enjoy.***

Protein: Approximately 20g

Benefits: Probiotic-rich, supports digestive health and immune function