



# Kefir Smoothie Bowl

## Ingredients

- 1 cup plain kefir
- 1 tablespoon honey
- 1 cup frozen berries, or other frozen fruit
- 1 scoop protein powder (optional)
- Topping options:
  - Sliced fresh fruit
  - Chia seeds, flax seeds, hemp hearts
  - Peanut butter
  - Granola
  - Chopped nuts
  - Coconut flakes
  - Chocolate chunks

## Instructions

- Add the kefir, honey and frozen fruit to a high powered blender and pulse until completely smooth.
- Pour the smoothie into a shallow bowl with high edges.
- Gently add on your toppings of choice and enjoy!

MAKES 1 SERVING. NUTRITION PER SERVING (WITHOUT PROTEIN POWDER OR TOPPINGS): CALORIES: 240 | CARBOHYDRATES: 42G | PROTEIN: 10G | FAT: 3G | FIBER: 5G

*Adapted from Little Home in the Making*