



Shannon's Guide To Kefir

Made with ♥ By Shannon

Prep time: 3 minutes

Servings: 2

Directions:

Add all ingredients to blender and blend for 1 minute.

Ingredients:

2 cups prepared kefir

1 ½ Tbsp. honey

2 Tbsp. chia seeds

1 banana

1 large handful spinach

2 dates

1 ½-2 cups frozen strawberries

