



Carrot Kale Water Kefir Smoothie

Equipment Needed:

Blending Machine
Measuring cups and measuring spoons
Vegetable peeler
Knife
Glass

To Make The Recipe:

1/2 cup water kefir*
1 kale leaf
1 medium carrot, peeled and cut into pieces
1 tbsp lemon juice
1 tbsp fresh avocado (peeled)
1 tsp freshly grated ginger
Sea salt and pepper to taste

Place all the ingredients in a blending and blend. Pour into a glass and serve

Tip: For a colder version and if you have a blending machine that can do ice cubes, make water kefir ice cubes and add in place of some of the kefir water. Another option is to make the smoothie ahead of time and store it in the refrigerator to chill it. The benefit of adding good bacteria to your smoothies is that it will keep the enzyme content in the smoothie over time.