



Strawberry Pineapple Kefir Smoothie

Equipment Needed:

Blending Machine
Measuring cups and measuring spoons
Knife
Glass

To Make The Recipe:

1/2 cup water
1-2 tsp chia seeds
1/4 cup milk kefir
1/3 cup fresh or frozen pineapple chunks
1/3 cup fresh or frozen strawberries
1-2 tbsp fresh avocado (peeled)
2-3 dried, pitted dates, chopped into smaller pieces

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

Tip: Frozen fruit make the smoothie cold. Another option, if using fresh fruit, 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.