



# Kefir Berry Smoothie

- 3/4 cup of plain full fat kefir
- 1/3 cup of white beans
- 1/3 cup of water
- 1 1/2 cups of frozen blueberries
- 1/2 large banana
- 1/2 cup chopped spinach
- 2 tablespoons of raw unsalted almonds
- 2 tablespoons of raw unsalted pepitas (pumpkin seeds)

## Instructions

Put the kefir, berries, beans, water, blueberries, banana, spinach, almonds, and pepitas into a high-powered blender. Blend for 30 to 45 seconds until all the ingredients are incorporated. Pour into a glass and serve immediately.