

# Kefir Summerland Smoothie



## Steps:

Add to Blender (IN ORDER)

1 cup Almond Milk

1 frozen banana

2 frozen dates

½ cup kefir

1 large cup frozen mango

5-6 spinach leaves (smoothie should be bright green  
so add spinach as needed if color is not green)

¼ avocado

½ scoop of ICE

Blend until smooth

Add as garnish

Sprinkle of Chia seeds

Straw

Serve

Enjoy!

Initial below after you have read about, and made, the KEFIR SUMMERLAND

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