



## ***PINEAPPLE COCONUT KEFIR***

**makes approximately 3 cups**

**2 C. liquid kefir  
2 Tbsp. kefir grains  
2 Tbsp. powdered coconut  
milk  
1 C. fresh pineapple, cut up**

**Combine all ingredients in VitaMix or  
blender until smooth. Enjoy!  
Note: Can be made the night before,  
refrigerated, to be enjoyed next morning  
for breakfast.**

