



STRAWBERRY ORANGE KEFIR

makes approximately 3 cups

2 C. liquid kefir
2 Tbsp. kefir grains
½ C. hulled & washed strawberries
1 seedless orange thinly peeled
1 or 2 Tbsp. honey, or to taste

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.

