



"APPLE PIE" KEFIR

makes approximately 3 cups

**2 C. liquid kefir
2 Tbsp. kefir grains
(optional)
1 tsp. cinnamon
1 apple, cut up
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 and
refrigerated, to be enjoyed next morning
for breakfast.**

