



AVOCADO SPICY

serves 2

Prep time: 5-8 min

1 C. washed spinach
½ green onion or 1 Tbsp. onion
1 avocado, peeled
1 C. fresh tomatoes
½ tsp. thyme
¼ tsp. cayenne pepper
2 tsp. fresh lemon juice
2 C. kefir whey

**Place all ingredients in Vita-Mix or
blender and blend on high speed.**

**Serve hot or cold as a soup or
smoothie. So “feel good” refreshing!**

