

Kefir and Berry Pregnancy Smoothie Recipe

Ingredients

- 1 cup kefir
- 1/2 cup frozen, organic berries
- 1 tsp honey

Instructions: Combine ingredients in blender and blend. This recipe is very forgiving. Play around with it! Add more or less of the ingredients to find your favorite blend.



Weekly Smoothie Grocery List

(This grocery list will make the above recipe 7 times, one for each day of the week.)

- 2 32 ounce bottles of Lifeway Plain Kefir
- 28 ounces (or so) of your favorite frozen berries
- 1 small jar of your favorite honey

Equipment needed: [Any blender will do](#). Not necessary, but [glass straws](#) are fun!