

Healthy Gut Smoothie

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/hvorost-russian-recipe-on-kefir>

Ingredients:

- 3/4 cup kefir plain whole milk, I use goat milk kefir
- 1/4 cup non dairy milk choice, I use coconut milk
- 1 banana large ripe
- 4 ice cubes
- 2 kale leaves chopped
- 2 teaspoons fresh ginger peeled and grated
- 2 teaspoons honey
- 6 fresh mint leaves
- 2 teaspoons matcha powder green tea

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 75 milligrams
4. Fat: 31 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 17 grams
8. Sodium: 170 milligrams
9. Sugar: 33 grams

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