



# Strawberry Banana Kefir Smoothie

5 min, 2 servings  
vegetarian

- 1 large banana, broken into 4 chunks
- 1 cup frozen strawberries
- 1 cup **Maple Hill** strawberry kefir
- honey to taste

## Instructions

1. Blend on high until smooth.
2. Top with additional fresh sliced strawberry or banana.
3. Pour and enjoy!

**INDEPENDENT**  
**Choice**<sup>™</sup>