

PROBIOTIC SHAKE WITH KEFIR



Ingredients:

- 1 cup kefir
- 1 heaped tbsp Nutella
- 5 strawberries
- mint for garnish
- almond slices for garnish

Probiotic shake preparation

This recipe includes milk kefir. To prepare milk kefir you need milk kefir grains and milk. Use Kefir fermenter to prepare milk kefir. Put the grains into the glass jar and add appropriate amount of milk. Cover with a lid and let ferment for 24 hours. After this time the milk should thicken and become more sour in taste. Strain the kefir into the jar and use the kefir grains to prepare another batch of kefir.

Use the fermented kefir to prepare probiotic shake. Use blender and add all the ingredients of this recipe. Mix with blender until smooth. If the mixture is too thick you can always add more milk kefir or even water. Serve the shake into a large glass jar and drink.

You can always mix things up using different ingredients. This recipe is also very delicious when using banana or blueberries. You can add almonds or any other nuts for garnish and crunch. Experiment to suit your taste!

See more kefir recipes [here](#).

Products used to prepare this recipe:



[Kefir Fermenter](#)

[Buy on Kefirko.com](#)



[Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](https://www.kefirko.com)