

Our Favorite Kefir Smoothie

What could be better than a quick meal that tastes like dessert?!? We love this power-packed smoothie, loaded with probiotics, omega 3 fatty acids, vitamins & minerals, healthy fats, and antioxidants. It's such a treat, it's easy to forget how good it is for you!

Ingredients:

- *1/2 cup Kefir made with Fresh Six S Dairy Raw Milk*
- *1/2 cup Raw Six S Dairy Cream (skimmed from the top of your milk jar)*
- *1 Six S Dairy Free Range Egg Yolk*
- *3/4 cup Frozen Organic Raspberries*
- *1 spoonful Raw Organic Coconut Oil*
- *1 spoonful Local Raw Honey*
- *1-2 scoops Collagen Powder*

Steps:

- Combine all ingredients in a blender and blend until smooth
- Enjoy!!