

Kefir Bowl

4 Servings

Ingredients:

- 32 oz Unflavored/unsweetened kefir
- 2 cups of frozen blueberries
- 1 large banana
- Optional toppings:
Grape Nut-Os, berries, nuts or seeds

Directions:

1. Blend the frozen blueberries and banana together until smooth.
2. Swirl into a small bowl of kefir
3. Top with toppings of your choice.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	182
	% Daily Value*
Total Fat 2.4g	3%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 126mg	5%
Total Carbohydrate 30.3g	11%
Dietary Fiber 5.6g	20%
Total Sugars 19.4g	
Protein 11.9g	

9 REASONS TO DRINK KEFIR



Lifeway Kefir is a tart and tangy cultured milk smoothie that is high in protein, calcium, and vitamin D. Each nutritious cup of Lifeway kefir contains our exclusive blend of 12 live and active cultures, which yield 7 to 10 billion CFU of bacteria. The list of health benefits associated with probiotics grow daily; here are our top nine reasons to enjoy Lifeway Kefir.

PROBIOTICS

Probiotics are the beneficial bacteria that work with your natural intestinal flora to help support digestive and immune health.

IMMUNITY

The probiotics in kefir support a healthy gut, where 70-80% of the cells that make up the immune system are located.

HEALTHY WEIGHT

Kefir is high in protein, which increases satiety and reduces hunger cravings throughout the day.

DIGESTION

The live and active probiotic cultures found in kefir may help support digestion.

SKIN

Kefir contains Alpha Hydroxy Acid (AHA), a popular ingredient in skin care products.

PROTEIN

An 8 oz serving of Lifeway lowfat kefir contains 11 grams of natural protein.

LACTOSE DIGESTION

Our unique fermentation process and specific kefir cultures ensure Lifeway Kefir is 99 percent lactose-free and suitable for most people who are lactose intolerant.

MOOD

Kefir contains tryptophan, the amino acid that helps raise the levels of serotonin in your brain.

BONE DENSITY

A serving of Lifeway kefir provides 30 percent of your daily calcium needs.