

Pineapple Kefir Smoothie

Ingredients

- 2 cups ice
- ½ cup plain kefir,
unsweetened
- 1 cup pineapple chunks,
fresh or canned
- 2 packages artificial
sweetener



Directions

1. Place all ingredients in blender, blend until smooth
2. Pour into glass and top with additional pineapple as desired
3. Enjoy!