Kefir as a healthy base for your delicious fruit smoothies!

Start with ½ cup kefir and ½ cup ice cubes
Add 1-2 servings of a fruit you like
Add a sweetener of your choice (optional)
Blend and enjoy!

Some suggested combinations:
- Cantaloupe/honeydew melon and grapes
- Avocado and dates
- Pineapple and pears
- Mango and cardamom
- Peaches, nectarines, plums, etc.

When you become a fruit smoothie master, try adding vegetables to your smoothies!

Kefir is a cultured, creamy product with amazing health attributes...

Kefir’s tart and refreshing flavor is similar to a drinking-style yogurt. It contains beneficial yeast as well as friendly ‘probiotic’ bacteria found in yogurt. Health benefits may include:

- Boosting your immune system
- Prevent and treat urinary tract infections
- Improve digestive function
- Help inflammatory bowel conditions like IBS
- Manage and prevent eczema in children
- Fight food-borne illnesses

Worksite Wellness Initiative: by Marc LaMorie, Dietetic Intern
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More Health Tips? visit http://nyc.cce.cornell.edu