

## Orange Kefir Smoothie

1-2 oranges, peeled and seeded (you can add in almost any fruit and just change the extracts to customize your own flavor)

1/2- 1 cup milk kefir (I add a little baobab to ours after the first ferment)

1/2-1 cup cottage cheese

1-3 t. Monk fruit, sweeten to your taste

2 c. ice cubes

Optional:

1/2-1 t. Orange extract, optional

1/4 t. Glucomannan or Xanthan Gum

1/2 vanilla whey protein

1 t. Collagen and/or MCT oil

1 t. baobab and/or turmeric

Pinch of mineral salt

Directions:

Blend all the ingredients except the ice and any optional ingredients until smooth.

Add in the ice and any optional ingredients and blend well.

Taste and adjust sweetness/flavors as needed.

Top with a bit of whipped cream, if desired.

Makes enough for 2 smaller snack servings or 1 good meal serving. This would also be great if you replaced the ice cubes with a little vanilla ice cream for a creamsicle...  
yummy!