

Berry Water Kefir Smoothie

Number of Servings: 2

Ingredients

2 Tablespoon Water Kefir Grain
1 Teaspoon Honey (more if you like it sweet :)
1 Banana
1/2 c Blueberries
1/2 c Raspberries
2 Tbs Water Kefir Water
1 Tbs Chia Seeds

Instructions

Method:

Blend together until smooth.