

SWEET CHERRY SMOOTHIE

makes 1 - 2 servings

INGREDIENTS

1/2 avocado, cubed

1/4 cup plain kefir

1 cup of sweet cherries

1 raw egg (optional)

1 little squeeze of fresh lemon

1 drop of vanilla extract

Top off with milk (or almond milk, coconut milk, hemp milk, etc).

DIRECTIONS

Mix all the ingredients in a blender.

Blend until smooth.

Enjoy!