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# Blueberry Coconut Kefir Smoothie

Prep time: 5 minutes

Servings: 2

If you're looking to lighten up your breakfast routine, this blueberry coconut smoothie is a perfect combination of healthful, nutrition-packed ingredients that speak to the gut as much as your taste buds. Inspired by Lee Tilghman's blueberry cauliflower smoothie, we created our own lactose free version and gave it an extra boost of probiotics. Enjoy this creamy, nutrient dense smoothie bowl as a morning meal or a post-workout recharge. Whichever your preference, enjoy!

Green Valley Creamery

## Ingredients

1½ Cups frozen cauliflower florets

2 tbsp almond butter (or your favorite nut butter)

¾ cup frozen blueberries

½ cup Green Valley Organic Plain Whole Milk Kefir

¼ cup of coconut milk (or substitute for other nut milk)

¼ avocado

½ tsp cinnamon

Coconut flakes to top

## Instructions

1. Blend all ingredients in a blender for 1 minute on high.
2. Pour into bowl, top with coconut flakes, pomegranate seeds, or your favorite smoothie toppings and enjoy!