

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/cinnamon-roll-kefir-smoothie>

Cinnamon Roll Kefir Smoothie

Prep time: 3 minutes

Servings: 2

Ever crave something sweet and comforting but wish it offered some sort of nutritional value? Us too! That's why we decided to whip up this cinnamon roll smoothie using our lactose free kefir. Not only does it offer an extra punch of probiotics, but it also has the nostalgic flavors of a classic cinnamon roll.

Green Valley Creamery

Ingredients

1 cup of Green Valley Creamery Lactose Free Plain Kefir

¼ cup old fashioned oats

1 Tbsp brown sugar

½ tsp cinnamon

1 frozen banana

Instructions

Combine all ingredients in blender, and blend until smooth and frothy.