



THE ingles TABLE

with Lindsay Moore
Berry & Kefir Smoothie

Shopping List

- 1 cup kefir
- 1 tablespoon honey (raw is best)
- 1 tablespoon almond butter
- 1 cup frozen banana slices
- 1 cup frozen berries
- 1 tablespoon badia flax, chia, hemp seed mixture

Cooking Instructions

1) Put everything into blender and blend for 2 minutes or until completely smooth. Enjoy!



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