

# Banana Kefir Shake

THM-Friendly: FP

- 1/2 cup kefir
- 1 cup nut milk
- 1 questionable summer squash
- 3 tsp. THM Super Sweet (you can always adjust to your preference)
- 3 Tbsp. THM Creamy Dreamy Plant Protein
- 1 tsp. banana extract
- 1/4 tsp. sunflower lecithin
- a pinch of mineral salt
- 1/2 tsp. THM Vanilla Bean Powder (or 1 tsp. vanilla extract)
- 1 cup ice

Add it all to the blender and zing it up!

Pour in a glass.

enJOY!

