

# Tropical Kefir Smoothie

THM-Friendly: E

- 2 cups kefir
- 1 cup frozen fruit (more than 1 cup would be ok)
- mango, pineapple, half of a large banana (or 1 small)
- 4 tsp. THM Super Sweet
- 1/2 tsp. glucomannan (Glucicie)
- 2 pinches mineral salt
- splash of vanilla extract
- 2 tsp. coconut extract
- a handful of frozen kale
- 1/2 cup frozen cut-up okra
- 1 Tbsp. baobab (if you are not used to baobab ONLY use 1/2 tsp. - 1 tsp.)
- 1/4 tsp. sunflower lecithin

Put all the ingredients in your blender and zing it up!

Pour into a glass and drink up!

enJOY!

