

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

# Gingerbread Kefir Smoothie

Prep time: 5 minutes

Servings: 2

We thought we'd share a lactose-free version of a holiday smoothie that really gives you those warm and fuzzy feels. Subtle flavors of ginger are paired with cinnamon, sugar and a bit of tart apple crispness to make it a well-rounded and flavorful treat. The protein powder and/or yogurt in this smoothie make it a healthier version that gives you probiotics and protein and wipes away any indulgent guilt. As with any recipe, take these guidelines and add your own flare - sweeten to taste and whip up to get the texture you want.

Green Valley Creamery

## Ingredients

1 cup Green Valley Creamery Whole Milk Kefir

1 small apple

Pinch of powdered ginger

Pinch of cloves

1 teaspoon maple syrup

1 cup protein powder or ½ cup Green Valley Creamery Vanilla Yogurt

2 cups of ice - dependent on texture

Gingersnap cookies

## Instructions

1. Chop up apple into small bits.
2. Add kefir, protein powder, yogurt and toss all other ingredients into a blender.
3. Start by adding one cup of ice and mix until fully blended.
4. Taste and add more maple syrup, ice or yogurt to desired taste and texture.
5. Pour into a tall glass.
6. Crumble gingersnap cookies on top and a full one to bite into in between sips.
7. Enjoy!