

Top 5 Healthy Lactose-Free Recipe Hacks

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Pledging to eat healthier in the new year? We put together our five favorite lactose-free recipe hacks to inspire tasty, wholesome resolutions that are easy to keep.

Hide the greens and add a probiotic boost

Hiding those greens couldn't get any easier with our [Spinach Mango Kefir Smoothie](#). Banana and mango sweeten this smoothie up just the right amount and our plain kefir adds the probiotic kick you need to jumpstart your morning.

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Reduce cravings with a hearty breakfast on the go

A satisfying breakfast doesn't have to get complicated. All you need is five minutes and a few simple ingredients to make [Peanut Butter Banana Overnight Oats](#). Use this recipe as a base to experiment with any delicious overnight oats combo you like.

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Fluff it up by swapping cream for kefir

Swap milk or buttermilk with our plain kefir for a fluffier, lactose-free version of our [Best Waffle Recipe](#). The same also goes for your favorite pancake recipe.

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Use the oven instead of the fryer

These [Oven "Fried" Chicken Strips](#) are marinated with our kefir and oven-baked to make them extra tender on the inside and crispy on the outside. Serve with the accompanying tangy [Yogurt Ranch Dip](#) recipe for extra dippable goodness without mayo.

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Get your snack on with a probiotic pick-me-up

A winter classic recreated with our kefir for a creamier, lactose-free version. Our [Blended Chai Kefir Latte](#) is easy to make and packed with probiotics and chai flavors for a perfectly-spiced blended latte.

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