

## **CREAMY FRUIT SMOOTHIE**

Susan Denzer, Chef and Culinary Consultant  
Love + Craft Kitchen, LLC  
[www.loveandcraftkitchen.com](http://www.loveandcraftkitchen.com)



*Creamy, fruity, and delicious!*

Makes: 1 - 12-ounce smoothie

### **EQUIPMENT**

- full size or hand-held blender with blending pitcher or container
- rubber spatula
- measuring cup and spoons
- serving glass

### **INGREDIENTS**

1 cup fresh or frozen fruit (any single favorite or combination)  
1/2 cup whole milk kefir or coconut milk kefir  
1/2 cup plain yogurt, full-fat (no added sugar such as Nancy's brand)  
1/2 cup (about 1/4 - 1/2 ounce) super greens (kale, spinach, chard, any mixture)  
2 teaspoons fruit balsamic vinegar (good quality; any complimentary flavor)  
1/2 - 1 teaspoon flaxseed, chia seeds or hemp seed

### **DIRECTIONS**

Place all ingredients into a blending container. Using full-sized blender or hand blender, blend on medium-high until the ingredients are smooth. Pour into a glass and enjoy!

### **NOTES**

Here are a few fruit and balsamic pairing ideas -

- any single or mixed berry with blackberry-ginger balsamic or blueberry
- peach, mango and cherry with peach, fig, or pomegranate balsamic
- pineapple, strawberry and kiwi with mango balsamic
- strawberry and banana with strawberry or mango balsamic
- apricot, peach and blueberry with blueberry or peach balsamic



Mixed Berry Smoothie



Peach Mango Smoothie