



25 DAYS OF SMOOTHIES

*with homemade
kefir*

*by Nutribullet
& Kefirolicious*



For hundreds of years, Mediterranean and Eastern cultures have been making “fruit and vegetable purees” that are similar to today’s **smoothies**.

Smoothies and blenders have both undergone a long period of transformation over the years. **Today, we have thousands of smoothie recipes that contain different ingredients and nutritional values and a multitude of blenders to create these wonderful drinks.**

You can combine fruits and vegetables, liquid bases (water, juice, milk, coconut or almond milk, ...), nuts ... **Your creativity is unlimited!**

When making smoothies, I use **homemade kefir** as a liquid base and I blend them with **Nutribullet** which is **the best blender option for me**.

I usually make a smoothie in the morning as breakfast for work which is really easy because with Nutribullet I can take my smoothie on the go in the blending cup with flip-top lid.



And now for recipes!

Whether you like to drink your smoothie or eat it from a bowl, it all depends on the ratio of kefir and other ingredients: **more kefir = more liquid smoothie, less kefir = thicker smoothie.**

Below I bring to you some suggestions for smoothies and smoothie bowls, but you can always change the ratio and add more / less kefir to get the desired density.

To find your perfect smoothie combination, **play with the ingredients and find your flavours!**

We will start with an easy one, a banana smoothie:

DAY 1

- 250 ml of homemade kefir
- 1 banana





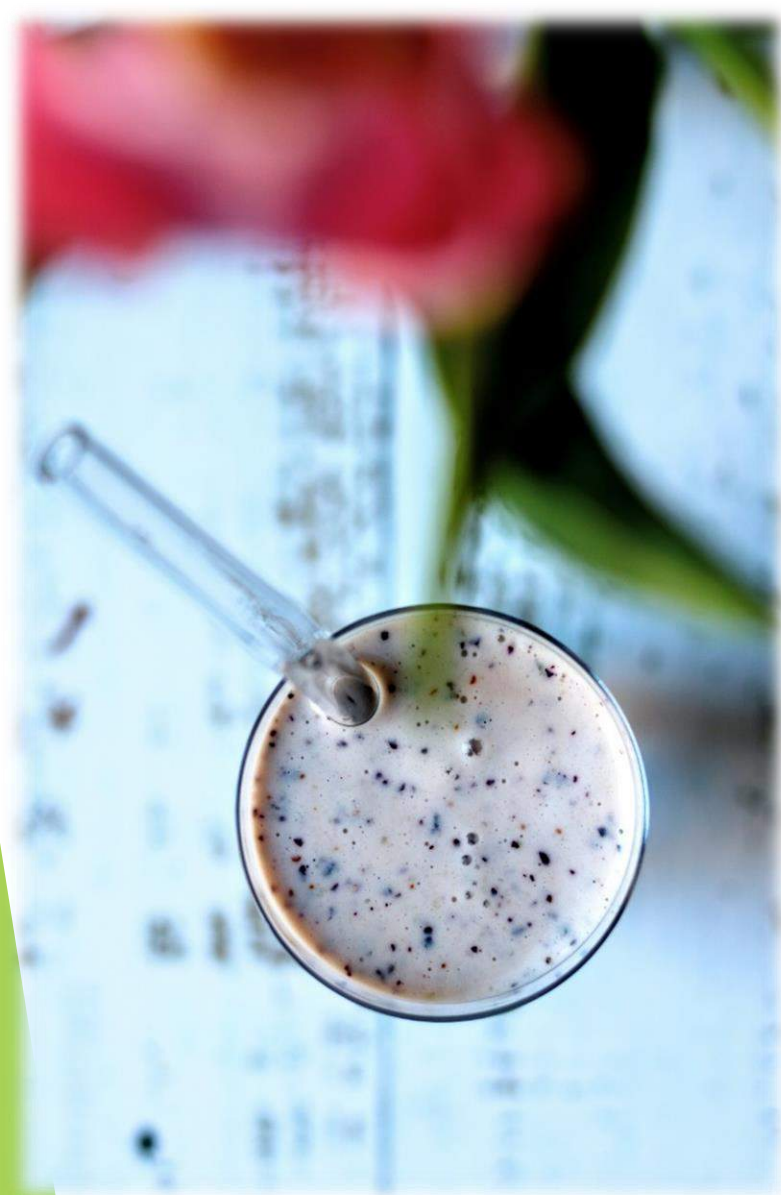
DAY 2 - green smoothie

- 250 ml of homemade kefir
- 1 banana
- 2 kiwis
- handful of blanched spinach

DAY 3 - violet smoothie

- 250 ml of homemade kefir
- 1 banana
- 1 kiwi
- handful of berries





DAY 4

- 250 ml of homemade kefir
- 1 banana
- handful of blueberries

DAY 5

- 200 ml homemade kefir
- 1 tablespoon of kefir grains
- 1 apple
- 1 banana
- handful of blanched spinach
- small piece of ginger
- 2 dates



DAY 6

- 150 ml of homemade kefir
- 1 banana
- handful of berries
- handful of lettuce
- 5 leaves of basil
- 2 leaves of sage
- 1/2 teaspoon of cinnamon



DAY 7

- 300 ml of homemade kefir
- 1 banana
- 1 ring of fresh pineapple
- handful of lamb's lettuce
- small piece of ginger



DAY 8

- 150 ml of homemade kefir
- 1 apple
- handful of walnuts
- 7 dates
- 1/2 teaspoon of cinnamon



DAY 9

- 200 ml of homemade kefir
- handful of lettuce
- handful of cashews
- 10 dates
- 1 tablespoon of coconut flakes





DAY 10

- 150 ml of second fermentation homemade kefir
- 1/2 of avocado
- 1 handful of cashews
- juice from 1/2 lime
- small piece of ginger
- 2 dates





DAY 11

- 250 ml of homemade kefir
- 1 beet
- 1 kiwi
- 1 banana
- small piece of ginger





DAY 12

- 200 ml of homemade kefir
- 1 pear
- handful of blanched chard
- small piece of ginger
- 1 teaspoon of cinnamon
- 1 tablespoon of chia seeds



DAY 13

- 200 ml of homemade kefir
- 1 banana
- 2 kiwis
- handful of wild rocket
- 1 tablespoon of coconut flakes
- 1/2 teaspoon of cinnamon





DAY 14

- 200 ml of homemade kefir
- 1 banana
- 1 apple
- 1 tablespoon of chia seeds
- 1 tablespoon of flax seeds
- 2 tablespoons of coconut flakes
- 1/2 teaspoon of cinnamon

DAY 15

- 200 ml of homemade kefir
- 1 apple
- handful of dried cranberries
- handful of walnuts
- 1 teaspoon of chia seeds
- 2 teaspoons of coconut flakes





DAY 16

- 200 ml of homemade kefir
- handful of blanched chard
- 1 kiwi
- 1 tablespoon of coconut flakes
- 2 tablespoons of rice flakes

DAY 17

- 150 ml of homemade kefir
- 1 banana
- 1 apple
- 1 tablespoon of chia seeds
- 1 tablespoon of flax seeds
- 1 tablespoon of hazelnut spread





DAY 18

- 150 ml of homemade kefir
- 1 banana
- 1/2 of fresh cucumber
- handful of walnuts
- 2 tablespoons of rice flakes

DAY 19

- 150 ml of homemade kefir
- 2 handfuls of blueberries
- 2 handfuls of blackberries
- 1 tablespoon of coconut flakes





DAY 20

- 200 ml of homemade kefir
- 1 banana
- handful of blackberries
- handful of raspberries

DAY 21

- 250 ml of homemade kefir
- 1 banana
- 1 ring of fresh pineapple
- handful of blanched spinach
- 2 dates
- small piece of ginger





DAY 22 - green smoothie

- 200 ml of homemade kefir
- 1/2 of avocado
- handful of blanched spinach
- pinch of rocket
- small piece of ginger
- 4 dates
- 1 tablespoon of chia seeds
- 1 ring of fresh pineapple

DAY 23 - violet smoothie

- 200 ml of homemade kefir
- 1 banana
- handful of strawberries
- handful of pitted cherries
- 10 cashews





DAY 24

- 200 ml of homemade kefir
- handful of strawberries
- handful of lettuce
- 1 radish
- small piece of ginger
- 4 dates
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of turmeric





DAY 25

- 200 ml of homemade kefir
- 1 ring of fresh pineapple
- 1/2 of mango
- 1/2 of apple
- 1 banana
- 1 teaspoon of chia seeds



Thank You!

