THE LIGHTER PLATE METHOD

Raspberry & Kefir Drink

Tangy cultured kefir shaken with sharp raspberries for a fresh, fizzing finish.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 400 ml natural kefir
- 150 g frozen raspberries
- 2 tsp honey
- 0.5 lemon zest
- 1 handful ice

Method

1. Put the kefir, honey and lemon zest into the blender.
2. Add the frozen raspberries and ice.
3. Blend for 30 seconds on medium — kefir thins if you over-blend it.
4. Pour into two glasses and drink cold.

Tips & swaps

- Blend briefly and on a lower speed than you would a normal smoothie; long high-speed blending breaks kefir down and it goes watery. Sieve it if you dislike raspberry pips.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
130	**8g**	**18g**	**3g**	**3g**

Estimated values, for guidance only. Contains: Milk.