

Probiotic and Powerful
By Kimberly Hartke

Men's Health Magazine recently had a blurb on the value of probiotic drinks, namely kefir, to your health. Good for digestion, because it increases the good bacteria in your digestive tract, kefir helps you to capture more of the nutritional content of all the other foods you take in. A nourished body more easily becomes a strong and healthy body.

There are two types of kefir, milk kefir and water kefir. Milk kefir is made with cows milk or goats milk. It is a cultured milk with a yogurt like tang—great as a base for fruit smoothies. Water kefir is made with spring water and a sweetener and can have many flavors added, such as lemon or ginger or various fruits and herbs. It is like a soft drink or ale, sometimes with a slight alcohol content depending on the length of time and amount of sugar used to ferment the drink.

To learn how to make Water Kefir, you can attend an upcoming demonstration sponsored by the local chapter of the Weston A. Price Foundation. Contact Kimberly for more information at Kimberly@nationalrealty.biz.

Foodgeeks.com: Strawberry Lemon Kefir Smoothie

Foodgeek: Kimberly Hartke

Rating: 

Servings: 3 servings

Prep. Time:

Total Time:

Ingredients:

2 cups plain kefir
1 cup strawberries
1 lemon, juice of
2 cups ice
1 tbsp. agave

Directions:

Blend above ingredients in a blender, until ice is crushed, serve.