

MORNING KEFIR *Slushie*

INGREDIENTS:

- 1 & 1/2 cup Kefir water
- 1 package Doterra Meta Power mix
- 1/2 cup frozen 100% fruit juice

INSTRUCTIONS:

- In a magic bullet or other small mixing blender, add the kefir water, then the powder and finally the frozen juice.
- Blend for 30 seconds.
- Pour into a glass and enjoy!

