

# The Glow-Up Kefir Smoothie

A creamy, probiotic-rich smoothie designed for digestion, skin support, and steady energy using whole, nourishing ingredients.

## Ingredients

- 1 cup kefir
- ¼–½ cup water (to thin, as needed)
- 1 cup frozen strawberries
- 1 overripe banana
- 1 tablespoon peanut butter
- 1 serving collagen powder

## Instructions

- 1 Add kefir and water to the blender first.
- 2 Add frozen strawberries, banana, peanut butter, and collagen.
- 3 Blend until smooth and creamy.
- 4 Adjust thickness with additional water or kefir if needed.
- 5 Enjoy immediately for best flavor and texture.

## Why This Smoothie Works

- Kefir provides probiotics to support gut balance.
- Strawberries supply vitamin C to support collagen synthesis.
- Bananas offer potassium and prebiotic fiber.
- Peanut butter adds healthy fats for satiety.
- Collagen supports skin, joints, and gut lining.

*Wellness Note:* This smoothie is supportive nourishment and not intended to diagnose or treat medical conditions.