

MILK KEFIR RECIPES

Apple Pie Smoothie Recipe

Try this flavorful smoothie with Piima, for a mild yogurt taste under all those amazing spices.

Ingredients:

- ¼ cup unsweetened applesauce (best if frozen or chilled)
- ¾ cup yogurt, kefir, or buttermilk
- Dash of vanilla extract
- Dash of cinnamon
- Dash of nutmeg



Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Serve chilled or at room temperature.

Basic Fruit Smoothie Recipe

Use this versatile smoothie recipe with any fruit, during any season. Add in a spoon of nut butter, for a more dense texture and flavor.

Ingredients:

- 1 cup yogurt, kefir, or buttermilk
- ½ cup frozen fruit (berries work well)
- ½ banana
- Ice cubes (omit if banana is frozen)



Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Serve chilled or at room temperature. Makes one serving.

Kefir Eggnog

The winter holiday season is about family, friends, and of course food! Add a probiotic twist to traditional eggnog by replacing some milk with milk kefir.

Ingredients:

- 1 cup milk kefir
- 3 cups fresh milk
- 4 egg yolks
- 1½ teaspoons vanilla extract
- 3-4 tablespoons raw honey or maple syrup



- ¼ teaspoon freshly ground nutmeg, plus more for serving

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Chill and serve with additional ground nutmeg and whipped cream if desired.

Note: Please exercise caution when consuming raw eggs or products made with raw eggs.

Tropical Smoothie

This smoothie tastes truly tropical when made with coconut milk kefir or coconut milk yogurt.

Ingredients:

- 1 frozen banana
- 1 cup fresh pineapple
- 2 tablespoons coconut milk (optional)
- ¾ cup yogurt, kefir, or buttermilk
- 1 tablespoon raw honey, maple syrup, or a small amount of stevia

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Serve chilled. Makes two servings.

Frothy Orange Kefir Beverage

The flavors of orange and vanilla are a favorite combination. This recipe includes a combination of milk and kefir in order to cut the tang. If you're accustomed to the delightful tang of milk kefir then use 4 cups and omit the milk.

Ingredients:

- 2 cups whole milk
- 2 cups milk kefir
- 4 egg yolks or pasteurized liquid eggs
- 2 cups ice cubes
- 2 whole large oranges, peeled
- 1 teaspoon vanilla extract

**Instructions:**

1. Add milk and kefir to blender.
2. Add in egg yolks, ice cubes, oranges, and vanilla, in that order.
3. Blend on high until smooth and creamy.

Serves 4.