Kefir Bowl Breakfast

Description and rationale for this recipe.
Probiotic rich kefir gives you a great start to your day. The fruit and toppings turn this into a nutrient rich and protein packed breakfast or post workout snack.

Yield: 1 serving
Timing: Prep Time = 15  Total Time = 20 min.

Ingredients
1 cup plain kefir
½ bananas
1 cup blueberries; divided use
Chia seeds
Coconut flakes
Toasted slivered almonds

Method of Preparation (Instructions)
Combine the kefir, banana and ¾ cup of blueberries in a blender and blend until smooth. Pour into a bowl and top with remaining blueberries, 1 tablespoon of chia seeds, coconut chips or slivered almonds.

Nutrient Breakdown: Calories 300, Fat 9g, Cholesterol 0mg, Sodium 45mg, Carbohydrate 48g, Fiber 12g, Protein 15g.

Note: Kefir has a tart flavor similar to plain yogurt. The banana and berries sweeten this up ---but if you need more sweetness consider adding 1 pitted date (70 calories, 15g sugar, 1 ½ g fiber) or 1 teaspoon honey (20 calories and 5g sugar).