



BE BOLD PROBIOTIC SHAKE

Ingredients:

1 BeBOLD Bar

12 ounces plain, unsweetened kefir

1 tablespoon of nut butter (almond or peanut butter depending on the bar you choose)

1 teaspoon of honey (*optional, if the tartness is too much)

Method:

Blend all ingredients until mixed in a blender.

Makes 16 ounces. Sharing is great! Can serve as 2 snack size shakes.

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