



RECIPE E-BOOK

PEANUT BUTTER SMOOTHIE BOWL

Serves 1

INGREDIENTS:

- 1 cup The Culture Co Natural Probiotic Kefir
- 1 banana, sliced and frozen
- 2 tablespoons peanut butter
- 1 tablespoon cocoa powder
- Ice (optional)

METHOD:

1. Place yogurt, banana, peanut butter, cocoa powder, and ice in a blender and puree until smooth.
2. Pour into a bowl.
3. Top with sliced bananas, chocolate, granola, and drizzle with peanut butter.



YOGURT PANA COTTA

INGREDIENTS:

2 cups The Culture Co Natural Probiotic Kefir
1 1/4 cups milk of choice
3 1/2 sheets gelatin
1 tsp vanilla extract
1/3 cup honey

Serves 6

METHOD:

1. In a deep brimmed plate pour 1/4 cup of milk and lay gelatin sheets in it. Set aside for 10 mins until gelatin becomes moist
2. In a saucepan bring to a gentle simmer the remaining milk
3. Add vanilla, honey and stir to combine
4. Add the gelatin and milk mixture, whisk until the gelatin is fully dissolved
5. Remove the saucepan from the heat and let cool until below 40 degrees celcius
6. Stir in The Culture Co Natural Probiotic Kefir
7. Divide into 6 glasses and refrigerate for 3-4 hours, until firm



RASPBERRY CHIA PUDDING

Serves 4

INGREDIENTS:

- 1 1/2 cup The Culture Co Natural Probiotic Kefir
- 1/2 cup milk of choice
- 1 cup raspberries
- 1 1/2 tablespoon honey
- 1/4 cup chia seeds

METHOD:

1. Combine all ingredients in a large storage container that has a lid.
2. Mix well, making sure all the chia seeds are evenly throughout and lightly crush up the berries
3. Place the lid on the container and refrigerate overnight or for at least 8 hours.
4. Serve with extra raspberries, and a drizzle of honey if desired.



COCAO & COCONUT POPSICLES

INGREDIENTS:

- 1 1/2 cup The Culture Co Natural Probiotic Kefir
- 1/2 cup milk of choice
- 1 1/2 large ripe bananas
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 8 popsicle sticks

METHOD:

1. Place all of the ingredients in a blender and blend until smooth
2. Pour the mixture into popsicle molds and freeze for 30 minutes before inserting the popsicle sticks
3. Freeze the popsicles until they are frozen solid, about 4 hours

Makes 8 popsicles



HEALTHY FRENCH TOAST

Serves 2

INGREDIENTS:

- 1 cup The Culture Co Blueberry Probiotic Kefir
- 2 slices wholemeal bread
- 2 large eggs
- 1/4 cup milk
- 1/4 teaspoon cinnamon
- 1/2 cup fresh berries or fruit to top
- 1/2 Tbsp oil (for cooking)

METHOD:

1. Beat eggs with milk and cinnamon, until well blended
2. Soak bread in mixture until most/all is soaked in
3. Place oil in a fry pan, place over a medium heat
4. Place bread on fry pan and pour any excess mixture onto each slice
5. Fry on both sides until the egg is set
6. Remove bread and place on a plate, top with The Culture Co Blueberry Probiotic Kefir and fresh fruit



BLUEBERRY SMOOTHIE BOWL

Serves 1

INGREDIENTS:

1/3 cup The Culture Co Blueberry Probiotic Kefir

1 cup of frozen berries

1 small frozen banana

TOPPINGS:

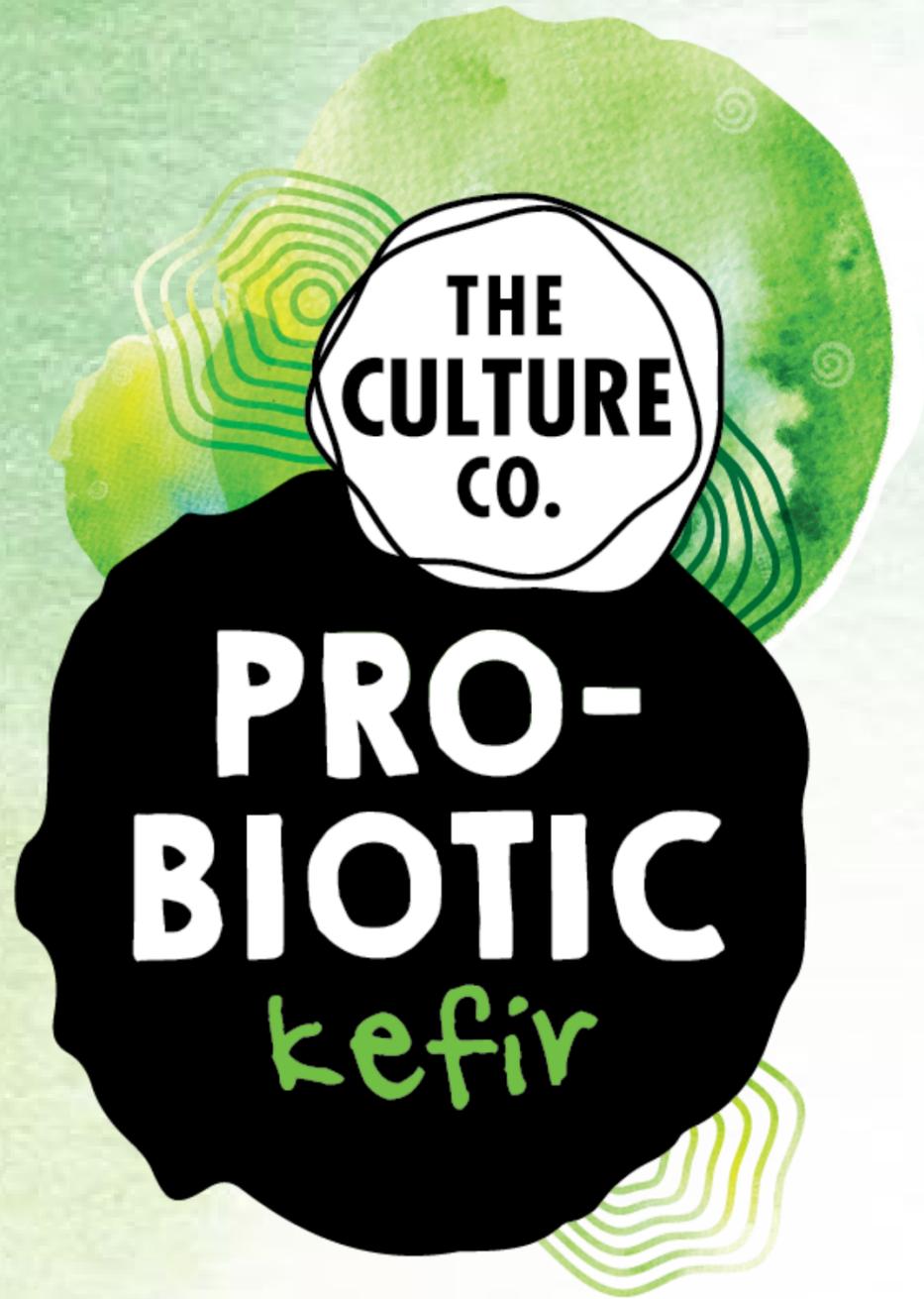
Fresh fruit

Granola

METHOD:

1. Add frozen berries and banana to a blender and blend on low until it crumbles
2. Add The Culture Co Blueberry Probiotic Kefir and blend on low again, scraping sides as needed, until the mixture reaches a soft serve consistency
3. Pour/scoup into a bowl and add your toppings





ENJOY

