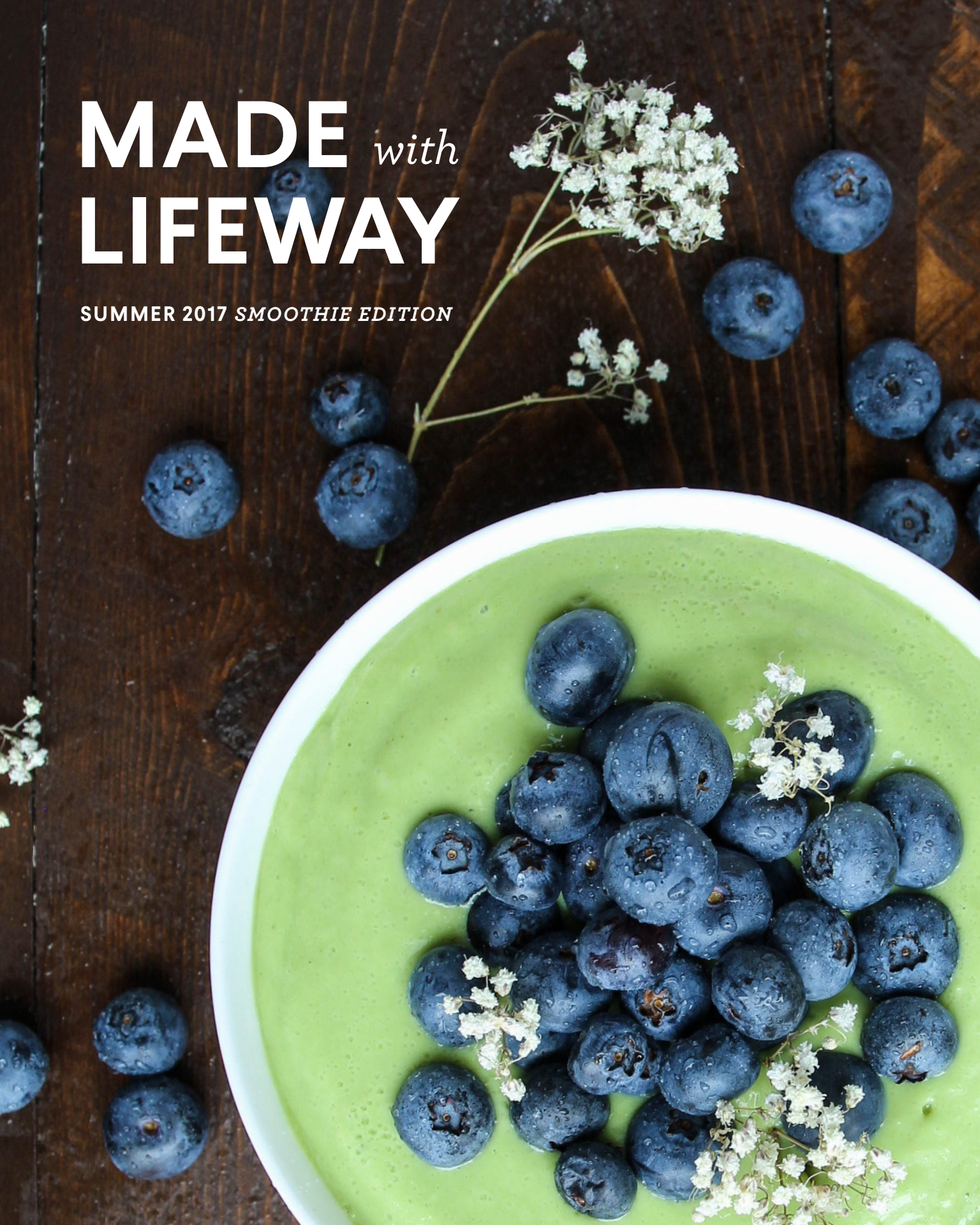


MADE *with* LIFEWAY

SUMMER 2017 SMOOTHIE EDITION



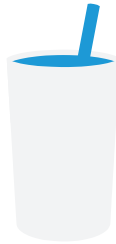
Lifeway[®]

KEFIR

The tart and tangy cousin of yogurt and your breakfast hero! Our creamy kefir is a must-have in every kitchen for both sweet and savory dishes.



*Dressings, Sauces,
and Dips*



Smoothies



Baked Goods



Grab n' Go



Desserts



Marinades

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GUT CLEANSE SMOOTHIE

1 SERVING

150 CALORIES | 5G FAT | 15G CARBS |
13G SUGAR *OG ADDED* | 13G PROTEIN

INGREDIENTS

1 cup Lifeway Plain Low
Fat Kefir

1 tbsp ground flax seed

FUN FACT Lifeway kefir has
12 strains of live and active
probiotic cultures.





PEACH LAVENDER SMOOTHIE

2 SERVINGS

240 CALORIES | 8g FAT | 34g CARBS | 32g SUGAR 8g ADDED | 11g PROTEIN

INGREDIENTS

2 cups Lifeway Peaches and
Cream Whole Milk Kefir

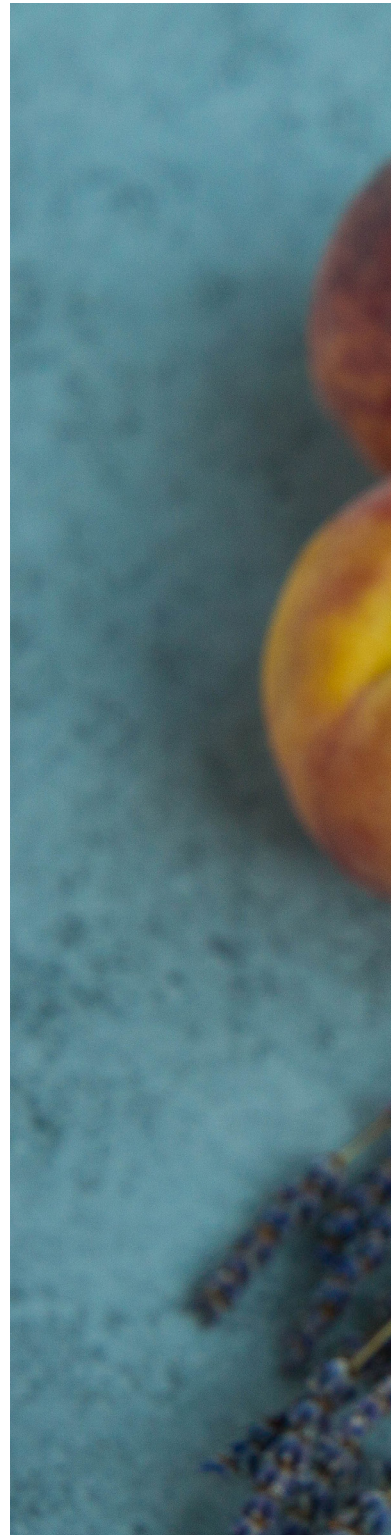
½ tbsp lemon zest

1 drop lavender essential oil

2 cups frozen peaches



FUN FACT Lifeway kefir is low in lactose, so those who are lactose intolerant may find it easier to digest.





GREEN MACHINE SMOOTHIE BOWL

2 SERVINGS

320 CALORIES | 13g FAT | 40g CARBS |
29g SUGAR 8g ADDED | 14g PROTEIN

INGREDIENTS

1 cup Lifeway Coconut Chia
Low Fat Kefir

½ avocado

½ pear

1 cup baby kale

**blueberries for garnish*









TURMERIC MANGO SMOOTHIE

2 SERVINGS

220 CALORIES | 3g FAT | 41g CARBS | 29g SUGAR 8g ADDED | 9g PROTEIN

DIRECTIONS

2 cups Lifeway Mango Low Fat Kefir

1 cup frozen mango chunks

1 frozen banana

½ tsp fresh ginger

1 tsp turmeric

½ tsp cinnamon

½ tsp black pepper

1 dash sea salt



PINEAPPLE MINT JULEP SMOOTHIE

2 SERVINGS

160 CALORIES | 2.5g FAT | 24g CARBS
| 14g SUGAR *Og ADDED* | 12g PROTEIN

INGREDIENTS

2 cups Lifeway Key Lime Pie
Perfect12 Kefir

1 cup frozen pineapple

1 handful mint leaves

**lime slices and mint leaves to
garnish*

FUN FACT Lifeway's Perfect12 kefir has no added sugar and is sweetened with all-natural Stevia extract.





SUPERFOOD SPIRULINA SMOOTHIE

2 SERVINGS

300 CALORIES | 7g FAT | 49g CARBS | 32g SUGAR 6g ADDED | 14g PROTEIN

INGREDIENTS

1 ½ cups Lifeway Coconut

½ tbsp spirulina

Chia Low Fat Kefir

1 tbsp hemp seeds

2 frozen bananas

1 tbsp chia seeds

**kiwi, blueberries, blackberries, and coconut flakes to top*



FUN FACT Kefir contains tryptophan, the amino acid that helps raise the levels of serotonin in your brain.



Unflavored lowfat
milk smoothie

AUSTRALIAN GROWN
THE CHIA CO.

But Chia
Natural Flavors

12 12





SUMMER IN CHICAGO

We love Chicago, especially the way it comes alive every summer! From street festivals to free concerts in Millenium Park, there are so many reasons why we love sharing our beautiful city with others. So what is it about Chicago that makes it so special? Well, we're glad you asked!

Millennium Park: Millennium Park is a must-see for any visitor. Pack a picnic and watch a movie screening, snap pictures of your reflection in the Bean, take a stroll along the Millennium Fountain, and enjoy some tunes at one of the many free concerts at the Jay Pritzker Pavilion.

Street Festivals: No matter which weekend you're in Chicago, there is always a bustling street festival somewhere in the city! Grab lunch from one of the many food vendors, shop at booths of local artists, listen to live tunes, and enjoy the sunshine.



Architecture River Tour:

Our city is known for its beautiful buildings, many of which line the Chicago river. Our favorite way to soak up all the history behind our famous architecture is with a scenic River Tour. Get ready for photos and be prepared to learn!

Willis Tower Sky Deck:

For those not afraid of heights, the Willis Tower Sky Deck boasts a stunning 360 view of the city. Step into the glass sky boxes to look out on the city 103 floors beneath your feet.

Navy Pier:

Navy Pier is a great place to go if you are traveling with kids. Enjoy a beautiful view of Lake Michigan with a ride on the Ferris Wheel, visit the Children’s Museum, or see a show at the Shakespeare Theatre. Every Wednesday and Saturday night, the Chicago Skyline is illuminated by fireworks set off on the pier.

Museums:

Chicago has numerous world-renowned museums. Visit The Art Institute of Chicago, the Field Museum of Natural History, the Adler Planetarium, or the Shedd Aquarium.

Lifeway Kefir Shop:

Chicago is home to many fantastic food destinations. We love visiting the Lifeway Kefir Shop for a tart and tangy summertime refreshment. Take your smoothie or frozen kefir along the riverwalk to enjoy all that Chicago has to offer.

Connect with us on Instagram, Facebook, and Twitter, and tell us about your favorite Chicago destination!





LIFEWAY KEFIR SHOP BERRY GOOD 4 U

SIZE SMALL

270 CALORIES | 3g FAT | 54g CARBS | 36g SUGAR 8g ADDED | 11g PROTEIN

INGREDIENTS

¼ cup Lifeway Organic
Pomegranate Acai Low
Fat Kefir

½ cup blueberries

⅓ cup strawberries

⅓ cup raspberries

¾ cup frozen kefir

2 tbsp goji berries



FUN FACT The Lifeway Kefir Shop has three locations in the Chicago area:

1. The Merchandise Mart
2. Block 37
3. Wicker Park

CARROT CAKE SMOOTHIE

2 SERVINGS

310 CALORIES | 11g FAT | 42g CARBS |
31g SUGAR 8g ADDED | 14g PROTEIN

INGREDIENTS

2 cups Lifeway Birthday Cake
Low Fat Kefir

1 frozen banana

1 grated carrot

¼ cup shredded
unsweetened coconut

1 tsp vanilla extract

1 tsp ginger

½ tsp cinnamon

¼ tsp allspice

¼ tsp nutmeg

**chopped walnuts for garnish*





SUBSTITUTE Lifeway Vanilla
Low Fat Kefir for Lifeway
Birthday Cake Low Fat Keifr

STRAWBERRY PROBIOTIC NICE CREAM

2 SERVINGS

170 CALORIES | 1g FAT | 40g CARBS | 25g SUGAR 6g ADDED | 3g PROTEIN

INGREDIENTS

1 cup Lifeway Strawberry Low Fat Kefir

6 bananas, sliced into ½” pieces and frozen

1 cup frozen strawberries

2 tsp vanilla extract

2 tbsp honey

**fresh cut strawberries for garnish*

DIRECTIONS

1. Add all ingredients to the pitcher of a high-powered blender. Blend on high until smooth, or desired consistency is reached.
2. Pour into a quart-sized tupperware container and freeze for 4 - 6 hours.
3. Scoop into bowls (or cones!) and top with fresh strawberries.

** Tip: slicing the bananas before freezing helps them blend faster and more evenly.*



