

## Beautiful berry milkshake recipe

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Packed with antioxidants, including anthocyanins, quercetin and vitamin C, they fight oxidative stress that's caused by free radical damage. Plus, they are a taste sensation. This kid-friendly milkshake is nutrient-dense and it's packed with good bacteria to encourage excellent gut health.

You can make the shake and store it in a glass jar or bottle for up to 2 days in the fridge. Give it a shake before you serve it.

### Ingredients

- 1 litre [milk kefir](#)
- 125 g (1 cup) frozen berries
- 2 tbsp raw honey (optional)
- Goji or other berries (optional), to serve

### Method

Add the frozen berries and honey, if using, to a high-speed blender. Pour in the milk kefir and blend until well combined.

Pour the milkshake into glasses and serve immediately, topped with goji or other berries, if using. Alternatively, pour the milkshake into a 1.5 litre glass jar or bottle with a tight-fitting lid, store in the

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fridge and enjoy cold.

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