

Trim Healthy
W I S D O M
Strawberry Kefir Sherbet (FP)

Created by Bev, our fantastic Customer Service Manager, this recipe is a perfect blend of creamy, tangy, and naturally sweet flavors that will satisfy your taste buds and nourish your body. With the probiotic goodness of home-fermented kefir, a touch of stevia for sweetness, and the vibrant taste of frozen strawberries, this frozen treat is as nutritious as it is delicious, with more than ample Protein Nerd Level 3 requirements. Add a hint of vanilla or your favorite tropical extract for a burst of flavor, and you'll have a protein-packed snack that's great for a mid-day boost or a post-workout snack. Whip it up in your Ninja Creami for a perfectly healthy indulgence! Single Serving

INGREDIENTS:

- 8 ounces *Home Fermented Kefir*
- 2-4 doonks [TH Pure Stevia Extract Powder](#)
- 1/2 tsp [TH Natural Burst Vanilla Extract](#)
(Or extract of choice, Pineapple or Coconut are wonderful choices)
- 1 cup frozen strawberries
- scant Tbs [TH ESSENTIAL](#)

INSTRUCTIONS:

1. Put all ingredients in the blender. Blend until strawberries are well broken down.
2. Pour into one Ninja Creami container. Freeze for 24 hours.
3. After frozen, put the container in your Ninja Creami and process using the LITE ICE CREAM function.
4. Then take the lid off, make a hole in the middle, and add about 2 Tbs of liquid. This can be 2 Tbs unsweetened nut milk, kefir, or Nutpods. Put the lid back on and RE-SPIN until as creamy as desired



Protein Nerd Notes:

If you have the entire recipe, you are well covered for your Protein Nerd Level 3 requirements. If having it just as a snack, you'll need more protein. Perhaps have a half serving of TH ESSENTIAL in some water. Alternatively, smaller amounts of this sherbet can be eaten right after a meal that doesn't have enough protein and will help you all the way to Nerd 3 amounts.