

StrawBAO Thick Shake (S, E, or FP)

A combo of kefir, strawberries and baobab for ultimate health boosting, this shake pleases your taste buds and every cell in your body! You can watch Pearl & Serene make this recipe on the [Trim Healthy Membership Site](#) by tuning into THM TV - "In the Kitchen". Look for the title "StrawBAO Thick Shake".

Single Serving

INGREDIENTS:

- 1½ cups low-fat homemade kefir
- 2 heaping Tbs [TH Baobab Boost Powder](#)
- 2 tsp [TH Gentle Sweet](#) (or 1 teaspoon of [TH Super Sweet Blend](#))
- 3 small handfuls frozen strawberries
- 4 Tbs [TH Strawberry Optimized Whey Protein Powder](#)



DIRECTIONS:

1. Place all ingredients except for the whey protein powder into a blend and blend until the frozen strawberries are broken down.
2. While the blender is running add the whey protein powder and turn blender to high and blend for one minute.