AMERICAN · BREAKFAST · DRINK

Probiotic Banana Lemon Kefir Smoothie

5 min · Makes 1 × 1 large glass (about 500 ml) · 382 kcal a portion · Video 7:40 · Autumn Bates

Vegetarian · Gluten-free ingredients · No nuts listed

Kefir and whey give it about 33 g of protein and plenty of calcium, and chia seeds bring most of its 10 g of fibre plus plant omega-3, with only half a banana for sweetness, so it keeps you full as a breakfast.

Diet notes: Low saturated fat (3.3 g, 8% of the energy).

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Ingredients 7 · MAKES 1 × 1 LARGE GLASS (ABOUT 500 ML)

- [ ] 1 cup **plain unsweetened kefir**
- [ ] ½ cup **water**
- [ ] **Protein powder (whey)**: 2 scoops vanilla whey protein powder (about ¾ oz protein)
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] **Lemon zest**: zest of 1 lemon (the same lemon)
- [ ] ½ **banana**
- [ ] 2 tbsp **chia seeds**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour 1 cup plain unsweetened kefir and ½ cup water into a blender. Kefir is thicker than milk, so this smoothie needs less extra liquid than usual. 3:46
2. Add 2 scoops vanilla protein powder (enough for about ¾ oz protein), then zest the lemon straight into the blender and squeeze in all its juice. The zest gives the strong lemon flavour. 4:12
3. Add ½ banana and 2 tbsp chia seeds. 4:40
4. Blend until smooth; it tastes a bit like banana lemon pie. 5:07

> **Tip** Dairy-free: use a plant kefir and add an extra scoop of plant protein to make up the protein. The cook likes it topped with unsweetened coconut flakes or cacao nibs.

The method is a summary in our words — the video shows every step.

One portion, 1 large glass (about 500 ml), gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
382 kcal	33 g	41 g	11 g	11 g	210 mg
1,600 kJ	66% of a day	31 g net · 21 g sugars	38% of a day	3.3 g saturated	9% of a day
		15% of a day		14% of a day	

Energy from net carbs 35% · protein 37% · fat 28%

High in (20%+ of a day) Omega-3 270% · Selenium 46% · Calcium 45% · Vitamin B12 41% · Vitamin C 35% · Magnesium 34% · Zinc 27% · Vitamin B6 27% · Potassium 20%

Source of (10–19%) Folate 16% · Vitamin A 14% · Iron 13% · Vitamin D 12%

Recipe and video: Autumn Bates (@AutumnBates) on YouTube — youtube.com/watch?v=Ak4mVG2NS5A, published 6 March 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/probiotic-banana-lemon-kefir-smoothie