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Banana Spice Smoothie

- 2 Ripe bananas
- 2 Cups vanilla kefir
- ½ Tsp ground cinnamon
- 1/8 Tsp ground nutmeg
- 1/8 Tsp ground allspice
- 12 Ice cubes

- 1) Combine kefir, bananas, cinnamon, nutmeg, allspice and ice cubes in a blender; blend until smooth. Serve immediately.

Makes 2 Smoothies

