Egg Yolk Smoothie

This smoothie is made with raw egg yolks, but it really doesn’t taste like eggs at all. Use any kind of fruit you like, bananas and strawberries are just a suggestion. Frozen fruit will make a thick and frosty smoothie.

Place all the ingredients in a blender and blend until smooth. Add honey or maple syrup to sweeten, if needed. Pour into glasses and enjoy!

**Ingredients**

- 2 egg yolks
- 1/4 cup cream
- 1/2 cup raw milk, yogurt or kefir (page 41)
- 1 banana
- 6 strawberries
- 1 tablespoon of honey or maple syrup (optional)

**Tools**

- blender

Serves 2