

KEFIR

Meaning: Kefir is a tangy, fermented beverage made from milk or water that contains live probiotics, often enhanced with fruits or sweeteners.

1. Kefir is a fermented drink that originated in the Caucasus region and is rich in probiotics.
2. Many people enjoy adding fruit or honey to their kefir for a delicious and healthy treat.
3. After switching to kefir from milk, I noticed a significant improvement in my digestion.
4. Kefir can be used in smoothies, salad dressings, or enjoyed on its own for its tangy flavor.
5. This cultured beverage is often praised for its potential health benefits, including boosting the immune system.

Source: sentences.whatistheurl.com

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