

## **Kiwi Smoothie Recipe**

### **Ingredients (Serves 2):**

- 1/2 cup almond milk (unsweetened)
- 2 kiwis (washed, ends cut, unpeeled)
- 1 banana
- A handful of frozen strawberries OR fresh strawberries (with stem removed) + some ice

### **Instructions:**

1. Place all the ingredients in a blender.
2. Blend until smooth.
3. Serve immediately and enjoy!

### **Nutritional Breakdown per Serving (Approximate):**

- **Calories:** 150 kcal
- **Protein:** 2g
- **Fat:** 2.5g (from almond milk)
- **Carbohydrates:** 32g
  - Sugars: 18g (natural sugars from fruit)
  - Fiber: 5g
- **Vitamin C:** 110% DV (from kiwi, strawberries, and banana)
- **Vitamin K:** 35% DV (from kiwi)
- **Calcium:** 15% DV (from almond milk)