

# Strawberry Kiwi Smoothie

## Ingredients

- 1 kiwifruit, washed and ends trimmed and quartered
- 1 cup frozen strawberries
- ¼ cup low-fat vanilla yogurt
- ¼ cup milk of choice
- 1 Tablespoon honey
- ½ banana
- Ice if needed

## Directions

1. Place kiwi, strawberries, yogurt, banana and milk in blender.
2. Cover, and puree until smooth.
3. Taste. Add honey and ice if needed
4. Serve immediately or freeze for later use.  
Enjoy!

## Yields - 16 oz.

Calories: 270

Sodium: 50 mg

Fat: 2 g

Fiber: 6 g

Protein: 6 g

Carb: 63 g

