

Kiwi & Vanilla Blend

PREP TIME: 5 MINS

YIELDS: 4 CUPS

Ingredients

- 2 kiwis, peeled and ripe
- 1 cup milk, any
- ½ cup spinach, raw
- ½ frozen banana
- 1 teaspoon vanilla extract
- If additional sweetness is desired: 1 teaspoon honey



Qualities

Texture: Liquid/Thick

Rating for Scent : 2/10

Spice Level: 0/10

Recipe Benefits

- Promotes Gut Health
- Anti-Inflammatory
- Low Sodium



Directions

1. Blend all together, then serve as a smoothie, create popsicles, or ice cream.

Chef Tips/Adjustments

- Sweetness will depend on the kiwi's natural sugars. Therefore, if a sweeter taste is desired, honey or additional fruits can be added such as pineapple, peaches, or mango
- For a thicker texture, add ice cubes or yogurt prior to blending.
- Ice cream can be made by using an ice cream maker.

Nutrition Content for 1 Recipe (with honey)

Calories: 320kcal Carbohydrates: 52g

Fat: 9g Fiber: 5g

Protein: 10g Added sugar: 6g

Sodium: 114mg