

---

## STRAWBERRY-KIWI SMOOTHIE

---

- 1 ½ cups almond milk
  - 1 cup strawberries, hulled and quartered
  - 2 kiwis, peeled and quartered
  - 2 Tablespoons fresh chopped mint
  - 1 Tablespoon honey
  - ½ cup-1 cup ice
- 

1. In a blender or food processor, combine the milk, strawberries, kiwis, chopped mint, honey, and ice and blend until smooth.

Serves 2.

Adapted from [www.joybauer.com](http://www.joybauer.com)

---

[www.feedingthegulfcoast.org/recipes](http://www.feedingthegulfcoast.org/recipes) | (888) 704-FOOD

---

## STRAWBERRY-KIWI SMOOTHIE

---

- 1 ½ cups almond milk
  - 1 cup strawberries, hulled and quartered
  - 2 kiwis, peeled and quartered
  - 2 Tablespoons fresh chopped mint
  - 1 Tablespoon honey
  - ½ cup-1 cup ice
- 

1. In a blender or food processor, combine the milk, strawberries, kiwis, chopped mint, honey, and ice and blend until smooth.

Serves 2.

Adapted from [www.joybauer.com](http://www.joybauer.com)

---

[www.feedingthegulfcoast.org/recipes](http://www.feedingthegulfcoast.org/recipes) | (888) 704-FOOD

---

## STRAWBERRY-KIWI SMOOTHIE

---

- 1 ½ cups almond milk
  - 1 cup strawberries, hulled and quartered
  - 2 kiwis, peeled and quartered
  - 2 Tablespoons fresh chopped mint
  - 1 Tablespoon honey
  - ½ cup-1 cup ice
- 

1. In a blender or food processor, combine the milk, strawberries, kiwis, chopped mint, honey, and ice and blend until smooth.

Serves 2.

Adapted from [www.joybauer.com](http://www.joybauer.com)

---

[www.feedingthegulfcoast.org/recipes](http://www.feedingthegulfcoast.org/recipes) | (888) 704-FOOD