



# strawberry kiwi smoothie

- 1 kiwi
- 1 cup frozen strawberries
- 1 cup vanilla yogurt

**Step 1** Peel kiwi and cut into large pieces.

**Step 2** Blend strawberries, kiwi and yogurt together until smooth. Serve with sliced strawberries or kiwi.

Strawberries and kiwi are **great sources of vitamin C**. A cup of strawberries or one kiwi have as much vitamin C as an orange.



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