



strawberry kiwi smoothie

strawberries and kiwi both have lots of vitamin C!

1 kiwi
1 cup frozen
strawberries
1 cup vanilla yogurt

1. Peel the kiwi and cut into large pieces.
2. Blend the strawberries, kiwi and yogurt together until smooth. Serve with sliced strawberries.

Makes 2 servings



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batido de fresa y kiwi

tanto las fresas como el kiwi tienen mucha vitamina C!

1 kiwi
1 taza de fresas
congeladas
1 taza de yogur
de vainilla

1. Pela el kiwi y córtalo en trozos grandes.
2. Licúa las fresas, el kiwi y el yogur hasta lograr una consistencia suave. Sirve el batido con rodajitas de fresas.

Rinde 2 porciones



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