



RECIPE CARD

BLUEBERRY BANANA KIWI SMOOTHIE

Blueberry Banana Kiwi Smoothie

With some vitamins, it will be your go-to for a quick and satisfying breakfast. This Smoothie is for sure Ideal for starting your day with some energy and essential nutrients.

Ingredients

- 1 cup **fresh or frozen blueberries**
- 1 ripe **banana**, peeled and sliced
- 2 **kiwis**, peeled and chopped
- 1 cup **milk of choice**
- 1 tablespoon **honey** (optional for added sweetness)

Directions

1. Wash the blueberries and kiwis under cold water. Peel the banana and kiwis, then slice them into smaller pieces for easier blending.
2. In a blender, combine the blueberries, banana slices, chopped kiwis and milk. Add honey for sweetness if desired.
3. Secure the lid and blend until the mixture is smooth. For a thicker texture, add ice cubes and blend again.
4. Pour the smoothie into glasses. Optionally, garnish with kiwi slices or blueberries.

