

Strawberry Kiwifruit Smoothie

Description

Strawberries are rich in antioxidants and, ounce for ounce, have more vitamin C than oranges. Enjoy summer's quintessential fruit with this simple smoothie.



Tip

For an extra-thick smoothie, use vanilla Greek yogurt, which is strained and thicker than traditional yogurt.

Ingredients

2 kiwifruit, peeled
2 cups strawberries, stems and cores removed
2 bananas
2 containers (6 ounces each) whole milk vanilla yogurt (about 1 1/2 cups)
1 cup orange juice
1/4 cup honey
1/8 teaspoon ground cinnamon
Pinch of salt

Directions

Combine everything in a blender and process until smooth. Divide among glasses.

Makes 4 servings.

Prep: 10 minutes