

Superfruit Smoothie



Servings: 2

1 cup frozen cherries

1 kiwi fruit, peeled and sliced

1 cup milk

1 tablespoon chia seeds

To a blender add cherries, kiwi, milk, and chia seeds. Blend until smooth.

Pour into glasses and garnish with kiwi.

Serve

Per Serving (excluding unknown items): 167 Calories; 7g Fat (34.7% calories from fat); 6g Protein; 23g Carbohydrate; 5g Dietary Fiber; 12mg Cholesterol; 55mg Sodium; 16g Total Sugars; trace Vitamin D; 206mg Calcium; 1mg Iron; 395mg Potassium; 190mg Phosphorus. Exchanges: .