

Superfruit Smoothie



1 cup frozen cherries

1 kiwifruit peeled and sliced

1 cup milk

1 tablespoon chia seeds

1. To a blender add frozen cherries, kiwi, milk, and chia seeds. Blend until smooth.
2. Pour into glasses and garnish with a kiwi slice.
3. Serve

Nutrition Facts

Amount per Serving

Calories 130

Calories from Fat 45

% Daily Value*

Total Fat 5g

7%

Saturated Fat 3g

15%

Cholesterol 20mg

6%

Sodium 125mg

5%

Total Carbohydrate 12g

4%

Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%

Percent Daily Values are based on a 2,000 calorie diet.