



# KIWI GREEN SMOOTHIE

## Ingredients

- |  |                                       |
|--|---------------------------------------|
| 2 cups raw fresh spinach                     | 1/4 cup chia seeds                    |
| 2 cups raw kale                              | 2 tablespoons honey                   |
| 2 ripe kiwis, peeled and quartered           | 4 ice cubes                           |
| 1 cup plain, 2 percent yogurt or plain kefir | 1 cup cold water, plus more as needed |
| 1/4 cup almonds                              |                                       |

## Directions:

Place the spinach, kale, kiwis, yogurt or kefir, almonds, chia seeds, and honey in a blender along with the ice cubes and cold water. Blend until smooth, adding a few tablespoons more of cold water to adjust the consistency if necessary. Divide evenly between two glasses and serve immediately.

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From RebeccaKatz.com