

Kiwi Mango Veggie Smoothie

Prep time: 5 mins | Serves 4

Ingredients:

- 1 kiwi, unpeeled, washed and cut into quarters
- 1 cup frozen kale
- 1 cup frozen mango
- 1 medium carrot, unpeeled, washed and stem removed
- ½ medium zucchini, unpeeled, washed and ends removed
- ¼ cup whole almonds
- 1 tbsp chia seeds
- ¼" piece of peeled ginger
- Juice of one lemon
- 2 cups water

Method:

Place all ingredients in blender, and blend until smooth. Pour into glasses and enjoy!

Cooks notes: Keeping the skin on kiwis is completely safe, and edible. In fact, it adds extra fibre, folate, vitamin E and antioxidants!