Smoothie - banana and kiwi

Preparation time – 10 minutes

Serves: 1 serving

Ingredients:

- 1 kiwi
- ½ large banana
- ¼ cup orange juice or milk
- 2 ice cubes

1. Cut kiwi into large pieces. If you like, peel the kiwi before using. Peel banana and cut into large pieces.
2. Pour orange juice into a blender jar.
3. Add kiwi, banana and ice cubes.
4. Blend until smooth puree. Pour prepared banana-apple smoothie into a chilled serving glass and serve. It will turn brown after some period, so drink immediately to get maximum nutrients.