SHOPPING LIST

Kiwi-Strawberry Smoothie

- ◯ Kiwis
- ◯ Strawberries
- ◯ Whole Milk
- ◯ Ice Cubes
- ◯ Shredded Coconut

First, check off the items you already have at home.

CUT

CUT

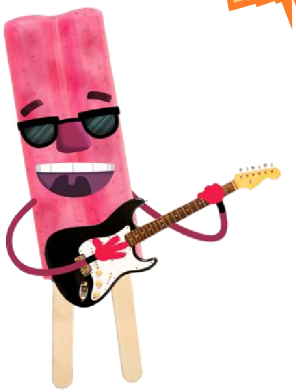
CUT

Freezerburn presents

DRINKS

FIZZY'S LUNCH LAB

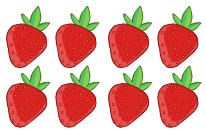
Kiwi-Strawberry Smoothie



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	2
YES	Under 30 min.	Medium	

YOU WILL NEED

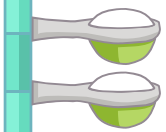
2 kiwis, peeled and sliced



8 fresh or frozen strawberries (unsweetened if frozen)

½ cup whole milk

6 ice cubes

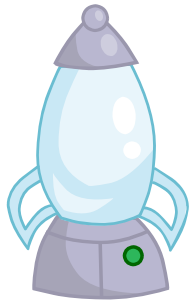


2 teaspoons shredded coconut

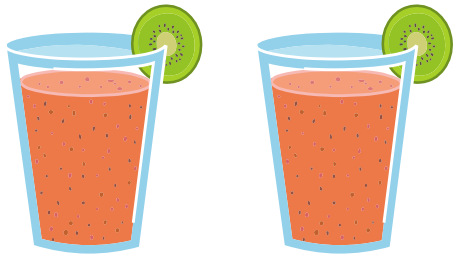
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Soy or rice milk may be substituted for the whole milk.



STEP 1: Place all of the ingredients in a blender and blend until thick and frothy. Divide between two glasses and serve immediately.



Nutrition Facts

Serving Size 1 Serving (275g)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 35mg	**1%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**16%**
Sugars 14g	
Protein 3g	
Vitamin A 2% • Vitamin C 190%	
Calcium 10% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4