

# Kiwi and spinach smoothie



 10 min.  320 kcal  SteviaSweet Liquid

## Preparation

Peel and cut the fruit into a mixing bowl. Add washed spinach, yoghurt and [SteviaSweet Liquid](#). Mash into an airy mixture. Pour into glasses and sprinkle roasted cashew nuts on top.

## Ingredients for 2 - 3 servings

4	kiwis
1	ripe banana
100 g	fresh spinach
200 g	Turkish yoghurt
20 drops	<a href="#">SteviaSweet Liquid</a>

To serve

30 g	roasted cashew nuts
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## Nutritional information per portion

320	kcal
1344	kJ
13	g Protein
45	g Carbohydrates
12	g Fat