

## KIWI BANANA SHAMROCK SMOOTHIE

Get your green on with our lip-smacking energy smoothie!

Prep Time: 5 minutes

### Ingredients

- 1 cup Kefir or Greek plain yogurt
- 1 large banana, peeled
- 1 kiwi, peeled
- 1 1/2 Tbs agave honey or maple syrup
- 1 cup crushed ice

### Instructions

- Combine all ingredients into a food processor or blender. Puree until smooth. Pour into a chilled highball glass. Adorn with green striped straw. Serves 1.

### Notes

Be sure to check our Facebook, Twitter and Pinterest pages for updates or email [mindy@mealsonheelsbymindy.com](mailto:mindy@mealsonheelsbymindy.com) to schedule:

1. Specialized private cooking lessons with kids via Skype;
2. Nutritious family-friendly Pantry Make-Overs;
3. Personal appearances and educational seminars. Don't Worry, Eat Happy!

