

Creamy Cucumber Apple Kiwi Smoothie



Ingredients:

It is important that you wash and dry all fruits and vegetables before using them.

- 1 small cucumber, cut into chunks with skin on
- 1 tablespoon lemon juice
- 1 kiwi fruit, cut into chunks with skin on
- 1 green apple cut into chunks, seeds removed
- 1 avocado, skin and pit removed, cut into chunks
- 1 cup almond milk, substitute your favorite milk
- 1/2 cup ice cubes

Directions:

1. Place the ice cubes, fruits and vegetables into a blender.
2. Pour in the milk and lemon juice.
3. Blend until desired consistency.
4. Refrigerate until ready to serve.

Makes 4 servings.



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