

LYONS
ReadyCare
Strawberry Kiwi
Fiber Smoothie





Strawberry Kiwi Fiber Smoothie



INGREDIENTS

	1 Serving
ReadyCare® Fiber Apple Juice	1 (4 fl oz) container
Item #: 2848	
1 cup sliced strawberries (fresh or frozen)	1 cup
1 kiwi fruit, peeled	½ cup

DIRECTIONS

- Blend all ingredients on high until smooth and enjoy!

SERVING SUGGESTION

Try adding 1 Tbsp ground flax seed to the smoothie for extra fiber.

NUTRITION

- Serving Size:** 8 fl oz.
Calories: 170
Total Fat: 0g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 10mg
Total Carbs: 45g
Dietary Fiber: 10g
Total Sugars: 25g
Protein: 1g
Vitamin D: 0% DV
Calcium: 4% DV
Iron: 6% DV
Potassium: 10% DV