

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

1. 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