



Recipe Category / Beverages & Drinks

Green Power Smoothie

10'

Hands on

2

Portion(s)

1

Difficulty



Ingredients

- 1/2 a cantaloupe
- 4 kiwi
- 150 g yogurt
- 1 tablespoon honey
- 4 tablespoons heavy cream
- 2 bananas

Διατροφικός πίνακας

Nutrition information per portion

329 Calories (kcal)	9.2 Total Fat (g)	5.4 Saturated Fat (g)	51.0 Total Carbs (g)
16%	13%	27%	20%
51.0 Sugars (g)	8.2 Protein (g)	0.0 Fibre (g)	0.24 Sodium (g)
57%	16%	0%	4%

Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Place all of the ingredients in a blender.
- Beat until smooth.
- Serve!

Tip

You can also use a hand blender.