

# Kiwi Smoothie

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/kiwi-smoothie-recipe-indian>

## Ingredients:

- 1 banana
- 2 kiwis
- 1 Orange
- 1 grapefruit

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 24 grams
3. Fiber: 5 grams
4. Protein: 2 grams
5. Sugar: 11 grams

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