



Kiwi Cucumber Blast

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

Nutrition Information Per Serving

99.4 calories, 24.35 g carbohydrate, 5.87 g fiber, 18.48 g NET carbs, 2.71 g protein, 0.79 g fat

Ingredients

- 1 medium organic cucumber, peeled
- 2 medium(s) organic kiwi, peeled
- 1/2 medium(s) organic pear
- 2 cup(s) organic spinach
- 1 whole organic lime, juiced

Preparation

1. Chop fruit into chunks.
2. Add all ingredients to blender or preferably VitaMix.
3. Blend until smooth.

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