Kiwi Plum Smoothie

1 kiwi
2 small plums
1 cup of yogurt (any kind)
Splash of milk (optional)
1 teaspoon of sweetener: sugar, honey, maple syrup (optional)

Recipe Notes: For a refreshing taste, add 6 cubes of cut-up watermelon to step 1. For a smoother texture, strain the smoothie into a glass after step 3.

Prep Time: 5-7 min
Servings: 1

INGREDIENTS

1. Peel and chop kiwi. Cut plums in half, remove pit, and chop.
2. Place the kiwi, plums and yogurt in a blender.
3. Blend everything until desired consistency. If necessary, add a splash of milk or water and sweetener.
4. Enjoy!

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