

# Steph's Kiwi Lime Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

1. Place: milk, lime juice, kiwi, avocado, flaxseeds, protein powder and ice in a blender and blend until mixed up; top shake with hemp seeds and cacao nibs

## Notes

### Nut-Free

Use coconut or oat milk instead of almond milk.

### Additional Toppings

Add spinach, avocado, kale, ginger or cucumber to your smoothie.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

## Ingredients

**1 cup** Unsweetened Almond Milk

**1** Kiwi (peeled, halved)

**1** Lime (juiced)

**1** Vanilla Protein Powder (scoop (based on serving size on container))

**1/4** Avocado (frozen)

**1 tsp** Whole Flax Seeds

**1 tsp** Hemp Seeds

**1 tsp** Cacao Nibs

## Nutrition

Amount per serving

<b>Calories</b>	334	<b>Cholesterol</b>	0mg
<b>Fat</b>	15g	<b>Sodium</b>	168mg
<b>Carbs</b>	25g	<b>Vitamin A</b>	655IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	82mg
<b>Sugar</b>	7g	<b>Calcium</b>	500mg
<b>Protein</b>	28g	<b>Iron</b>	1mg