THE LIGHTER PLATE METHOD

# Kiwi, Pear & Spinach Smoothie

Tart kiwi and mellow pear make the greens taste like fruit.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **5 min** | **0 min** | **5 min** | **2** | **EASY** |

## Ingredients

- 3 kiwi fruit (peeled)
- 1 ripe pear (cored)
- 60 g baby spinach
- 300 ml coconut water
- 1 lime
- 1 handful ice

## Method

1. Blitz the spinach with the coconut water for 20 seconds until no fragments remain.
2. Add the kiwi, pear and the juice of the lime.
3. Blend for 30 seconds only — kiwi seeds turn bitter if you blitz them to dust.
4. Add the ice, pulse briefly and pour.

## Tips & swaps

- Keep the blending short once the kiwi is in. A very ripe pear does all the sweetening this needs, so taste before reaching for honey.

## Storage & reheating

Best drunk immediately.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **120** | **2g** | **28g** | **0g** | **5g** |

*Estimated values, for guidance only.*