

Skin Boosting Smoothie



INGREDIENTS

1 Kiwifruit
1/2 ripe avocado
1/2 ripe banana
1/2 cup frozen berries
1/4 cup almonds
30g red kale
1/2 cup greek yogurt
1 cup skim milk
1 tsp honey

METHOD

Peel and chop kiwifruit, adding flesh to blender. Add remaining ingredients and blend until smooth. Divide between 2 serving glasses and enjoy immediately.