



early childhood community development centre

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# Strawberry Kiwi Banana Smoothie

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## Ingredients

- 3 peeled kiwi fruits
- 1 frozen banana, cut into chunks
- $\frac{3}{4}$  cup pineapple juice
- $\frac{1}{2}$  cup frozen strawberries

## Directions

Put all ingredients into blender. Blend until smooth consistency is reached.

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