

Kiwi-Cucumber Smoothie



Ingredients

- 3 small cucumbers, chopped
- 6 ripe kiwis, peeled
- 2 T fresh ginger, minced
- 1 1/2 c low-fat plain Greek yogurt
- 6 t cilantro leaves Ice cubes

Directions

1. Combine all ingredients in blender.
2. Blend until smooth.
3. Serve immediately.

Makes about 6 servings



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