

**NAME:** *Kiwi Apple Juice*

**DATE:** *28 September 2016*

A study in Nutrition Journal found that people who ate at least one kiwi a week had higher HDL (good) cholesterol levels and lower levels of triglycerides (bad blood fat) than those who did without. The fuzzy fruit's antioxidant levels may play a role in these heart-healthy perks.

**Tools I used to make this recipe:** Blender or juicer

**Yield:** Serves 2

**Prep Time:** 5 minutes

**Total Time:** 10 minutes

**Ingredients:**

- 2 kiwi, peeled
- 2 green apples
- 1 romaine lettuce heart
- 2 celery stalks
- 6 parsley sprigs
- 1 lime, peeled

**Directions: Whip it good**

No juicer? No problem! Place the chopped juice ingredients in a blender container along with about 1 cup water and blend until smooth. Strain the mixture through a fine sieve or drink it straight up if you don't mind a bit of grit. For small blender containers, use half of the ingredients called for in each juice.

**Nutrition Facts:**

Serving Size: 1 (of 2)

Amount Per Serving:

Calories: 212

Total Fat: 2g

Carbohydrates: 52g

Protein: 6g

This recipe is from [muscleandfitness.com](http://muscleandfitness.com) by *Matthew G. Kadey, MS, RD*