

Kiwi Peach Spirulina Smoothie

Ingredients

- 2 ripe kiwis, peeled and chopped
- 1 peach, sliced (fresh or frozen)
- 1 teaspoon spirulina powder
- 1 cup coconut water (or plant-based milk)
- 1 tablespoon chia seeds (optional)
- Ice cubes, if desired

Instructions

1. Add the kiwi, peach, spirulina, coconut water, and chia seeds to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and serve immediately, with ice if you like it chilled.

Benefits

- Kiwi: rich in vitamin C, supports immunity and digestion.
- Peach: provides antioxidants and helps hydration.
- Spirulina: boosts energy, protein, and detoxifies the body.

- Coconut water: natural electrolytes for hydration.