KEVIN THE KIWI

FEBRUARY

It's February and we are really excited to introduce our new Superhero Fruit of the month!

Can you guess who I am?

Who Am I?

- I look like a small, brown, fuzzy ball but when you cut me open I'm bright green with little black seeds
- I'm soft and juicy and I taste a bit sweet and sour



Did You Know?

- You can actually eat my fuzzy brown skin but most people peel it off
- Not all kiwis are green on the inside, some are yellow and super sweet
- I am named after the kiwi bird from New Zealand which is brown, fuzzy and small, just like me
- Kiwis are actually berries, they grow on vines like grapes
- There are over 50 kinds of kiwis, but green and yellow ones are the most common

Where Can You Find Me?

- Kiwis are grown in many different countries such as New Zealand, China, Italy, USA, Australia and many more
- Kiwis need a warm climate to grow and they grow best in rich, well-drained soil. Kiwi vines climb so they need a good support to hold onto.
- To keep kiwis fresh, store them in a fridge

Why You Should Eat Me?

First of all I taste delicious but best of all I help you grow big and strong!

- I am packed with ***Vitamin C*** which helps fight off infections
- I am high in ***fibre***. This helps you digest food
- I contain ***potassium*** which supports your heart health

Fun Ways to Eat Me

- You can add me into your breakfasts such as your porridge or yoghurts
- You can blend me into a smoothie or a refreshing drink
- You can eat me as I am

Turn over for a cool recipe!

LOW PROTEIN RECIPE

KIWI SMOOTHIE

(Recipe makes 1 large/ 2 small smoothies)



Ingredients:

- 70g of the Coconut Collab Natural yoghurt (0.84 g protein)
- 70ml water
- 2 kiwi's
- 1 handful spinach* (~20g)
- 1/2 banana
- 150g frozen pineapple chunks

*Spinach: less than 45g exchange free but every 45g thereafter = 1 exchange)

Method:

1. Peel and chop the kiwi
2. Add all ingredients to the blender, adding the liquids first and breaking the banana into pieces
3. Blend until smooth, adding a splash more water if necessary
4. Eat immediately or store up to 1 day refrigerated in a covered jar

1 large smoothie = 1 protein exchange
1 small smoothie = 1/2 protein exchange