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# KIWI

Kiwi fruits are rich in many Vitamins, flavonoids and minerals. In particular, they contain a high amount of Vitamin C (more than oranges), as much potassium as bananas and a good amount of beta-carotene.

# Recipes

## Green Refreshing Smoothie – Serves 1

### Ingredients

½ cup green grapes sliced  
1 cup kiwi peeled and sliced  
3 cups curd

### Method

Place kiwi and grapes and curd in a blender and blend for a minute till a smooth paste is formed. Serve in a tall glass garnished with mint leaves.

## Kiwi Chaat – Serves 2

### Ingredients

1 cup kiwi peeled and sliced  
½ cup boiled corn  
½ cup medium size chopped tomato  
½ cup medium size chopped onion  
1 nachni toast cut into small pieces  
½ cup moong sprouts  
2 Tbsp of mint leaves  
1 tsp chaat masala  
½ tsp red chili powder  
1 tsp lemon juice  
Salt as per taste

### Method

Mix all the above ingredients. Add salt as per taste. Also adjust the quantity of chaat masala, red chili powder and lemon juice as per taste. Serve in a bowl.



## Kiwi Chocolate Popsicle – Serves 3

### Ingredients

1 kiwi peeled and sliced into 2-3 thick slices  
1 cup melted chocolate  
Few Ice Cream Sticks

### Method

Pierce each Kiwi slice with an ice cream stick. Dip these kiwi slices in melted chocolate. A uniform chocolate coat will form over these slices. Keep them in freezer to set for a few minutes. Serve as a dessert.

