



✂ Smoothie ⏱ 10 min

## Frozen smoothie with Chiquita bananas and peaches

This healthy smoothie is perfect for any day of the week! It's made with frozen Chiquita bananas, peaches, and topped with pomegranate, pieces of bananas, lemon zest and fine chopped pistachio

1

Cut the Chiquita banana in pieces and grate the lemonzest in a separate small bowl.

2

Grind the banana pieces together with the peaches, the lemon juice and the water to a smooth mixture.

3

Pour the mixture into a low metal baking tray and put it on the freezer for an hour.

### INGREDIENTS FOR 2 PERSONS

1.5 Chiquita bananas  
2 peaches  
2.5 cups water  
1 lemon (zest + juice)  
2 tblsp pistache  
1/2 pomegranate

### NUTRITIONAL VALUES PER PERSON

156 Calories  
5,8g Fat  
1,1g Saturates  
19,7g Carbohydrate  
15,1g Sugars  
3,1g Fibre  
3,4g Protein  
0g Salt

4

When the mix freezes, stir with a fork to create ice crystals.

5

Put the granita in glasses and garnish with half of the banana, the pomgranade, lemongrass and pistache.

6

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