



✂ 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
2/2 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, lemons and pistache.

6

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