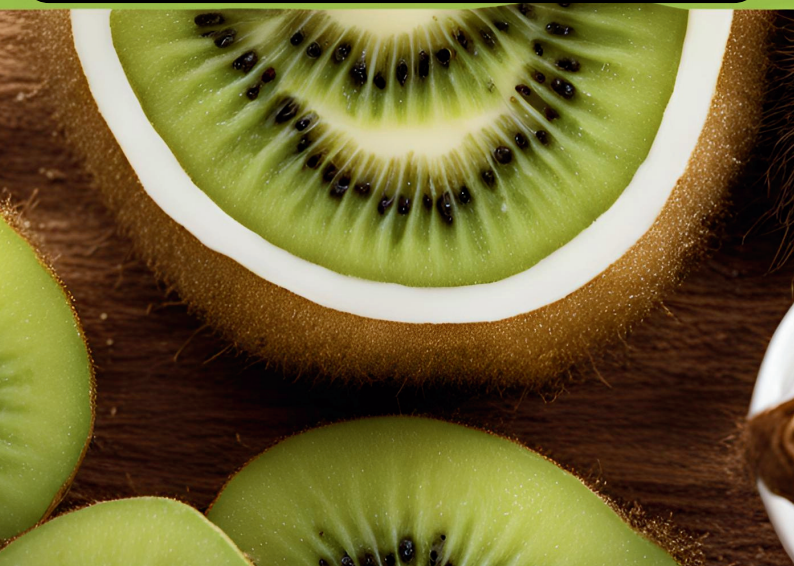




5 Pregnancy-Friendly Recipes Featuring Kiwi





1. Kiwi and Spinach Smoothie

Ingredients:

- 2 kiwis, peeled and chopped
- 1 cup fresh spinach leaves
- 1 banana
- 1/2 cup yogurt (or plant-based alternative)
- 1/2 cup water or orange juice

Instructions

- Blend all the ingredients until smooth. Serve immediately for a refreshing and nutrient-packed start to your day.



2. Kiwi and Quinoa Salad



Ingredients:

- 2 kiwis, sliced
- 1 cup cooked quinoa
- 1/4 cup pomegranate seeds
- 1/4 cup chopped almonds
- Handful of mixed greens
- Olive oil and lemon juice for dressing



Instructions

- Combine all ingredients in a bowl. Drizzle with olive oil and lemon juice, toss gently, and serve as a light and healthy lunch option.



3. Kiwi and Greek Yogurt Parfait



Ingredients:

- 2 kiwis, diced
- 1 cup Greek yogurt
- 1/2 cup granola
- 1 tablespoon honey



Instructions

- Layer Greek yogurt, granola, and kiwi in a glass. Drizzle with honey and repeat layers. A perfect snack or dessert rich in probiotics and fiber.



4. Kiwi and Avocado Toast

Ingredients:

- 1 slice whole-grain bread
- 1/2 avocado, mashed
- 1 kiwi, thinly sliced
- Sprinkle of chia seeds

Instructions

- Spread mashed avocado on toasted bread, layer kiwi slices on top, and sprinkle with chia seeds. A quick and delicious breakfast option.



5. Kiwi and Coconut Chia Pudding

Ingredients:

- 2 kiwis, diced
- 1/4 cup chia seeds
- 1 cup coconut milk
- 1 teaspoon vanilla extract
- 1 tablespoon maple syrup (optional)

Instructions

- Mix chia seeds, coconut milk, vanilla extract, and maple syrup in a bowl. Let it sit overnight in the refrigerator. Top with kiwi slices before serving for a nutritious treat.