

# Health Tip of the Month

## A KIWI A DAY...

### Light and Healthy Kiwi Sorbet

Makes 4 servings

#### Ingredients:

8 kiwis, peeled  
4 Tbsp. honey  
Juice of 1  
lemon



#### Preparation:

1. Peel kiwis and place in a blender. Pulse until well blended into a thick puree. Add honey and lemon juice. Blend.

2. Pour into a shallow container and freeze for about 2 hours until ready to serve



### A Kiwi a day can keep the doctor away!

1 cup kiwi provides 167mg Vitamin C. That is double what we need for the day! Vitamin C in kiwis keeps skin firm and smooth.



#### Helps in Digestion

Kiwis have a lot of fiber!  
Helps relieve constipation.  
Helps in protein digestion.

#### Helps Boost Immune System

Antioxidants in kiwi may reduce the risk of cancer.  
Helps decrease symptoms of cold and flu  
Kiwis have anti-inflammatory effects.

#### Helps Boost Mood

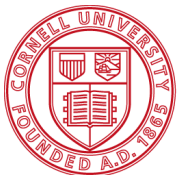
Eating 1 1/4 cup kiwi daily increases energy & mood.  
Kiwi consumption also helps you get better sleep.

#### Enjoy this sweet and tangy fruit in these recipes:

**Smoothie:** add milk, kiwi, blueberries and banana

**Yogurt Parfait:** mix yogurt, granola & sliced kiwi

**Fruit salad:** mix in kiwis, strawberries, grapes, pineapple and blueberries.



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