

Kiwi Blueberry Fizz

Refreshing and light, and filled with antioxidants and vitamin C to boot, this comes together quickly and cures what ails you. (Assuming what ails you is thirst.)

Makes 1 ten-ounce drink

2 kiwis, peeled and roughly chopped (a half-moon piece reserved for garnish, if desired)

1/4 cup frozen wild blueberries

up to 1 tablespoon honey (or agave nectar), to taste

1/2 cup plain chilled seltzer

Puree all ingredients in a real blender, or use a stick blender as I did. Garnish with a kiwi half-moon.