

DINNERLY



Antioxidant Green Machine Smoothie

with Kiwi, Spinach & Matcha



2-5min



2 Servings

A green machine is exactly what you'll feel like after drinking this smoothie. The perfect way to start your day OR the perfect way to end your day. Breakfast, snack, or dessert—the choice is yours. Because there's no wrong time for a tall glass of delicious greens. We've got you covered!

WHAT WE SEND

- 2 kiwis
- 3 oz baby spinach
- ¼ oz matcha powder
- ¼ oz ground flax seeds
- 2 (½ oz) honey
- 11 oz oat milk

WHAT YOU NEED

- 1 cup ice cubes

TOOLS

- blender

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 180kcal, Fat 4g, Carbs 31g, Proteins 4g



1. Prep kiwis

Halve **kiwis**, then use a spoon to scoop out flesh from skins; discard skins. (Pro tip: scoop kiwis over the blender to catch the juices!)



2. Add ingredients

Transfer **kiwis** to blender. Add **spinach**, **matcha**, **flax seeds**, **honey**, and 1 cup each of oat milk and ice.



3. Blend & serve

Blend until smooth.

Pour **green machine smoothie** into glasses and serve. Enjoy!



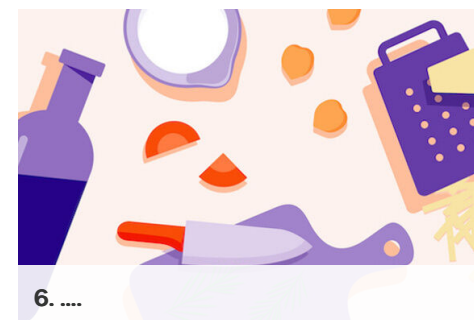
4.

What're you looking for, more steps?



5.

You're not gonna find them here!



6.

Kick back, relax, and enjoy your Dinnerly!