



Mango-Orange Immunity Boosting Smoothie Bowl

with Skillet Granola



20-30min



2 Servings

Notes from our dietitian: This fiber-packed bowl is bursting with Vitamin C thanks to mango and orange. We've added a fresh kick of bacteria-fighting ginger to maximize immune-boosting benefits. A quick stovetop almond and hemp granola boosts the antioxidants and the flavor thanks to its craveable salty-sweet crunch. Add this smoothie bowl to your week for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 1 oz dried apricots ¹²
- 2 oranges
- 3 oz oats
- 2 (1 oz) sliced almonds ¹⁵
- 1 oz maple syrup
- 1 mango
- 1 oz fresh ginger
- 4 oz Greek yogurt ⁷
- ¼ oz hemp hearts

What you need

- neutral oil
- kosher salt
- ½ c ice cubes

Tools

- microplane or grater
- medium skillet
- blender

Cooking tip

Prep tip! Steps 1 and 2 can be prepared up to 3 days in advance. Store granola in an airtight container at room temperature.

Allergens

Milk (7), Sulphur dioxide and sulphites (12), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 26g, Carbs 107g, Proteins 23g



1. Toast oats & almonds

Coarsely chop **apricots**. Finely grate **zest from half of 1 orange**. In a medium skillet, combine **oats, almonds, 1 tablespoon oil**, and **a pinch of salt**; set over medium heat. Cook, stirring, until oats and almonds are toasted, about 5 minutes (watch closely).



2. Finish granola

To skillet with **oats and almonds**, add **maple syrup** and **orange zest**. Cook, stirring, until mixture is deeply golden, about 1 minute. Remove from heat, then stir in **chopped apricots**. Transfer to a plate and set aside to cool.



3. Prep mango & oranges

Cut off tops and bottoms from **oranges**. Lay orange on one of the cut sides. Use a knife to cut off orange peel; remove any white pith. Halve each orange, then slice into ¼-inch half-moons. Transfer half of the oranges to a blender (save rest for step 5). Cut skin from **mango**, then carefully cut fruit from pit. Discard pit and cut fruit into 1-inch pieces. Add mango to blender with oranges.



4. Add remaining ingredients

Peel and thinly slice **about 2 teaspoons ginger**, then add to blender with **fruit** along with **yogurt** and **½ cup ice cubes**.



5. Blend ingredients

Blend **ingredients** on high until smooth. Tear **remaining orange slices** into bite-sized pieces, if desired.



6. Finish & serve

Pour **smoothie** into bowls. Break **granola** into pieces, if desired. Garnish **smoothie bowl** with **some of the granola** (enjoy the rest as a snack!), **hemp hearts**, and **remaining orange pieces**. Serve immediately. Enjoy!