

# MARLEY SPOON



## Happy Belly Mango Smoothie

with Yogurt, Flax Seeds & Dates



under 20min



2 Servings

Notes from our dietitian: This smoothie packs all the good stuff to keep your digestive juices flowing. Full of soluble fiber from fruits like apples, mangoes, and dates, probiotics from Greek yogurt, and comforting warm spices, it's the perfect addition to your weekly menu. Because happy belly = happy life. (2p-plan serves 2; 4p-plan serves 4—nutrition reflects 1 smoothie)

### What we send

- 2 oz medjool dates
- 1 mango
- 1 apple
- 1 lime
- 2 (½ oz) honey
- ¼ oz ground flax seeds
- 4 oz Greek yogurt <sup>1</sup>
- ¼ oz warm spice blend
- 8 oz milk <sup>1</sup>

### What you need

- ice cubes

### Tools

- blender
- microplane or grater

### Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 460kcal, Fat 6g, Carbs 100g, Protein 12g



#### 1. Soak dates

Remove pits from **dates** and coarsely chop. Put dates in a blender and add ½ cup hot water. Let sit 5 minutes.



#### 2. Peel & cut mango

Cut skin from **mango**, then carefully cut fruit from pit. Discard pit, then cut fruit into 1-inch pieces. Add to blender.



#### 3. Cut apple

Quarter **apple** (peel first, if desired), then remove stem and seeds. Cut into 1-inch pieces. Add to blender with mango.



#### 4. Prep lime

Finely grate ¼ **teaspoon lime zest** then squeeze **1 teaspoon lime juice**. Cut remaining lime into thin slices for garnishing.



#### 5. Add remaining ingredients

Transfer **lime zest and juice, honey, flax seeds, ¼ cup yogurt**, and ¼ **teaspoon warm pie spice** to blender with **dates and fruit**.



#### 6. Finish & serve

Top with **milk** and **1 cup ice**. Blend until smooth. Garnish with a **lime slice** and a **sprinkle of the warm pie spice**, if desired. Enjoy!