



Immunity Boosting Matcha Smoothie Bowl

with Apples, Kiwi & Almonds



30-40min



2 Servings

Notes from our dietitian: Do yourself a favor and add this nutrition-packed smoothie bowl to your weekly menu. Matcha is loaded with disease-fighting antioxidants and polyphenols, micronutrients derived from plants. We've added apples and kiwi for fiber, almonds and chia seeds for healthy fats, and honey for a pleasantly sweet finish. Add this smoothie to your box for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 1 apple
- 2 kiwis
- 1 oz sliced almonds ¹⁵
- 1.15 oz almond butter ¹⁵
- ¼ oz matcha powder
- 2 (½ oz) honey
- 11 oz oat milk
- ¼ oz chia seeds

What you need

- Your choice!

Tools

- small skillet
- blender

Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

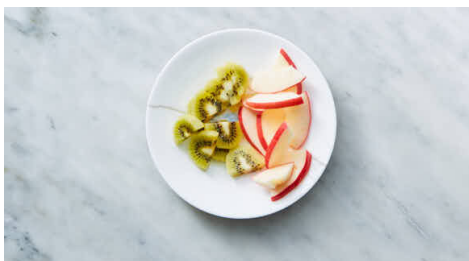
Calories 380kcal, Fat 19g, Carbs 42g, Protein 9g



1. Prep & freeze fruit

Quarter **apple**, remove and discard core, and cut 3 of the quarters into ½-inch pieces (reserve remaining quarter for step 6). Cut skin from **1 kiwi** (save remaining kiwi for step 4); cut fruit into ½-inch pieces.

Place **apple and kiwi pieces** in a single layer on plate or baking sheet and freeze for at least 30 minutes. (Alternatively, place in an airtight container and freeze overnight.)



4. Prep fruit garnishes

Cut **remaining apple quarter** into ½-inch pieces. Cut skin from **remaining kiwi**, then cut fruit into ½-inch pieces. Set fruit aside until ready to serve.



2. Toast almonds

Transfer **almonds** to a small skillet. Cook over medium heat, stirring, until nuts are toasted and fragrant, 3-5 minutes (watch closely). Transfer to a small bowl.



5. Blend smoothie

In a blender, combine **frozen apples and kiwi, matcha powder, all of the honey, and ½ cup oat milk**. Blend on high until smooth and frosty, stopping occasionally to stir mixture if necessary.



3. Loosen almond butter




In a small bowl, stir to combine **almond butter** and **2 tablespoons water** until smooth and creamy.



6. Finish & serve

Transfer **smoothie** to bowls and drizzle with **almond butter**. Top with **apple and kiwi pieces, toasted almonds, and chia seeds**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**