

MARLEY SPOON



Immunity-Boosting Parfait with Mango & Kiwi

Coconut Chia Pudding & Golden Milk Yogurt



2h



2 Servings

When we crave something sweet but also want something healthy, we make coconut-chia pudding. Chia seeds create a pudding-like texture without any work and provide healthy fiber. Golden milk is a trendy anti-inflammatory drink, and here we make golden yogurt with protein-packed Greek yogurt, turmeric, honey, and fresh ginger. Just like that, craving conquered! (2p-plan serves 2; 4p-plan serves 4—nutrition reflects 1 parfait)

What we send

- 1 oz fresh ginger
- 4 oz Greek yogurt ⁷
- ¼ oz turmeric
- 2 (½ oz) honey
- 2 (¼ oz) chia seeds
- 13.5 oz can coconut milk ¹⁵
- 1 mango
- 1 kiwi
- 1 oz salted almonds ¹⁵

What you need

- kosher salt

Tools

- microplane or grater

Allergens

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

Nutrition per serving

Calories 410kcal, Fat 20g, Carbs 50g, Protein 13g



1. Mix yogurt

Into a small bowl, peel and finely grate **¼ teaspoon ginger**.

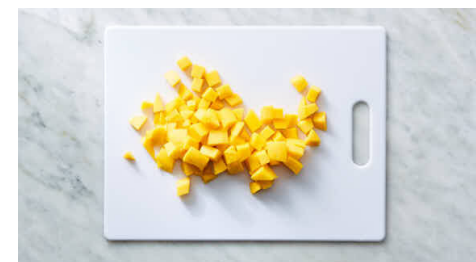
Add **yogurt**, **¼ teaspoon turmeric**, and **half of the honey**; stir to combine. Divide between 2 small serving glasses.



2. Mix chia pudding

In a small bowl, stir to combine **chia seeds**, **½ cup coconut milk**, **remaining honey**, and **¼ teaspoon salt**. Divide mixture between serving glasses on top of **yogurt**.

Wrap glasses in plastic and refrigerate for at least 2 hours or overnight.



3. Cut mango

Cut thin slices from the ends of the **mango** so that it sits flat. Rest mango on 1 trimmed end and cut off skin in thin strips, top to bottom. Cut down along each side of flat pit to remove flesh. Trim around pit to remove any remaining flesh. Discard pit and cut flesh into ½-inch pieces.



4. Cut kiwi

Cut skin from **kiwi**, then cut fruit into 2-inch pieces.



5. Chop almonds

Coarsely chop **almonds**.



6. Finish & serve

In a small bowl, toss together **mango**, **kiwi**, and **almonds**. Divide between **yogurt** and **chia pudding**-filled glasses and serve. Enjoy!