

# MARLEY SPOON



## 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 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 diced dried apricots
- 2 oranges
- 3 oz oats
- 2 (1 oz) sliced almonds <sup>1</sup>
- 1 oz maple syrup
- 1 mango
- 1 oz fresh ginger
- 4 oz Greek yogurt <sup>2</sup>
- ¼ oz chia seeds

## 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

Tree Nuts (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 26g, Carbs 109g, Protein 22g



### 1. Toast oats & almonds

Coarsely chop **apricots**, if necessary. 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!), **chia seeds**, and **remaining orange pieces**. Serve immediately. Enjoy!