

MARLEY SPOON



Green Detox Smoothie

with Pineapple & Kale



25min



2 Servings

Notes from our dietitian: This bright and refreshing green smoothie delivers a boost of hydration. Apples, kale, and chia seeds bring the fiber to keep things moving in your gut and help rid the body of waste. A kick of ginger supplies zinc and magnesium to promote circulation and boost immunity. Add this smoothie to your weekly box for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 1 cucumber
- 1 Granny Smith apple
- 4 oz fresh pineapple
- ¼ oz chia seeds
- 1 oz fresh ginger
- ½ oz honey
- 3 oz baby kale

What you need

- Your choice!

Tools

- rimmed baking sheet
- blender

Cooking tip

We love using leftover cucumber as a crunchy addition to a salad, or slice it and add to water for a refreshing drink.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 170kcal, Fat 2g, Carbs 37g, Protein 3g



1. Prep & freeze fruit

Peel **half of the cucumber**, then cut into ½-inch pieces (save rest for own use). Peel **apple**, discard core, and cut into ½-inch pieces. Spread **pineapple, apples, and cucumbers** out in an even layer on a rimmed baking sheet (or large plate) and transfer to the freezer. Chill until fruit is firm and partially frozen, about 20 minutes.



4. Add ginger & honey

Add **chopped ginger** and **honey** to blender.



2. Bloom chia seeds

While **fruit** freezes, combine **chia seeds** and **1½ cups water** in a measuring cup. Whisk to break up any clumps and set aside until mixture thickens slightly, about 20 minutes.

Peel and coarsely chop **½ teaspoon ginger**.



5. Add baby kale

Add **baby kale** to blender, working in batches as needed, and blend on high until smooth and frosty. (Thin with a little water, if desired.)



3. Add chia water

In a blender, combine **chia water** and **frozen fruit**.



6. Finish & serve

Pour **smoothie** into glasses. Enjoy!