

# MARLEY SPOON



## Anti-Inflammatory Tropical Smoothie Bowl

with Kiwi & Pineapple



under 20min



2 Servings

This powerhouse bowl features kiwi, pineapple, and spinach, all containing anti-inflammatory compounds. Honey and freeze-dried bananas bring more sweet and sunny flavors, while omega 3-rich chia and cashews bring the muscle with their inflammatory fighting benefits. Add this smoothie bowl to your week for a no-hassle, nutrient-packed breakfast, lunch, or snack! (2p-plan serves 2; 4p-plan serves 4—nutrition reflects 1 bowl)

## What we send

- 2 kiwis
- 3 (4 oz) pineapple cups
- 5 oz baby spinach
- 2 (½ oz) honey
- 2 (½ oz) freeze dried bananas
- 1 oz unsweetened shredded coconut <sup>1</sup>
- ¼ oz chia seeds
- 1 oz salted cashews <sup>1</sup>

## What you need

- ½ c ice

## Tools

- blender

## Allergens

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

## Nutrition per serving

Calories 440kcal, Fat 17g, Carbs 66g, Protein 9g



### 1. Prep kiwi

Peel **kiwi**, then cut fruit into bite-sized pieces.



### 2. Add fruit to blender

Transfer **two containers pineapple** and **half of the kiwi** to a blender (reserve remaining kiwi and pineapple for garnish).



### 3. Add remaining ingredients

Add **spinach, all of the honey and freeze dried bananas**, and **½ cup ice**.



### 4. Blend smoothie

Blend **ingredients** on high until smooth.



### 5. Drain pineapple garnish

Drain **remaining pineapple**.



### 6. Finish & serve

Transfer **smoothie** to bowls and top with **chia seeds, cashews, some of the coconut**, and **remaining pineapple and kiwi**. Enjoy!