


# MARLEY SPOON



## Lean, Clean & Green Smoothie and Immune-Boosting Orange-Ginger Smoothie

 under 20min  2 Servings

SERVINGS: Couples plan yields 2 servings per smoothie. Family plan yields 4 servings per smoothie. Add this smoothie pair to your box.

IT'S HEALTH-FOCUSED! Cucumbers contain essential phytonutrients and are up to

95% water, making them a super hydrating and low-kcal smoothie addition.

## What we send

- 1 oz fresh ginger
- 1 lime
- 1 cucumber
- 3 oz baby spinach
- 1 oz salted cashews <sup>15</sup>
- 2 pkts honey
- 1 carrot
- 1 pear
- 2 oranges
- turmeric (use ¼ tsp)

## What you need

- kosher salt
- liquid of your choice
- ice cubes

## Tools

- blender

## Allergens

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

## Nutrition per serving

Calories 360kcal, Fat 8g, Carbs 73g, Protein 7g



### 1. Prep green smoothie

Peel and coarsely chop **2 teaspoons ginger** (save remaining ginger for second smoothie recipe). Squeeze **1 tablespoon lime juice** into a small bowl.



### 2. Prep cucumber

Trim **cucumber**; peel and halve lengthwise. Use a spoon to scoop out and discard seeds. Cut cucumber into 2-inch pieces.



### 3. Blend green smoothie

In a blender, combine **cucumbers, spinach, chopped ginger, lime juice, cashews, honey, a pinch of salt**, and **1 cup liquid of your choice** (we like coconut water for this smoothie). Blend on high until smooth. Add **1 cup ice** and blend on high until smooth. Pour into 2 glasses. Enjoy!



### 4. Prep orange smoothie

Scrub and trim **carrot** (peel if desired), then cut into ½-inch pieces. Peel and coarsely chop **1 teaspoon ginger**. Cut **pear** into quarters, and remove and discard stem and core.



### 5. Peel oranges

Slice off tops and bottoms of **oranges**. Lay oranges on one of the flat sides. Using a knife, peel the oranges, removing the white pith. Cut oranges into quarters.



### 6. Blend orange smoothie

Add **carrots** to a blender, followed by **pears, oranges, ginger, ¼ teaspoon of the turmeric, a pinch of salt**, and **1 cup liquid of your choice** (we like coconut water for this smoothie). Blend on high until very smooth. Add **1 cup ice** and blend on high until smooth. Pour into 2 glasses. Enjoy!