

MARLEY SPOON



Scarlet Rejuvenation Smoothie

and Tropical Green Detox 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! Beets are a nutritional powerhouse containing natural nitrates

that improve blood flow. Kiwis are full of vitamin C and fiber, which can help fight inflammation and support colon health.

What we send

- 1 orange
- 1 oz fresh ginger
- 2 apples
- beet powder
- 2 kiwis
- 1 oz honey
- 1 container Greek yogurt ⁷
- 3 oz baby spinach

What you need

- liquid of your choice
- ice cubes

Tools

- blender

Allergens

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

Nutrition per serving

Calories 280kcal, Fat 1g, Carbs 64g, Protein 9g



1. Prep scarlet smoothie

Cut peel and white pith from **orange**, then cut flesh into 1-inch pieces. Peel and finely chop **1 teaspoon ginger**. Quarter **1 of the apples**, remove and discard core, and cut into 1-inch pieces.



2. Blend scarlet smoothie

Combine **oranges, apples pieces, beet powder, chopped ginger**, and **a pinch of salt** in a blender. Top with **2 cups liquid of your choice** (we like coconut water for this smoothie) and **1 cup ice**. Blend on high until smooth.



3. Serve scarlet smoothie

Pour **smoothie** into glasses and serve. Enjoy!



4. Prep green smoothie

Quarter **1 of the apples**, then discard core and stem and cut fruit into 1-inch pieces. Cut peel from **kiwi**, then cut flesh into 1-inch pieces.



5. Blend green smoothie

Combine **apples, kiwi, yogurt, spinach**, and **all of the honey** in a blender. Top with **2 cups liquid of your choice** (we like whole milk for this smoothie) and **1 cup ice**. Blend on high until smooth.



6. Serve green smoothie

Pour **smoothie** into glasses and serve. Enjoy!