

# MARLEY SPOON



## Honey-Almond Protein Smoothie

with Kiwi Green Goodness 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 this week's 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 apple
- 2 oz medjool dates
- 1 oz salted almonds <sup>15</sup>
- 1 oz honey
- hemp hearts
- 1 pkt almond butter <sup>15</sup>
- 2 pears
- 1 kiwi
- 1 cucumber
- 3 oz baby spinach

### What you need

- 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



#### 1. Prep almond smoothie

Quarter **apple**, then remove core and stem and cut into 1-inch pieces. Remove pits from **dates**, if necessary, then coarsely chop. Coarsely chop **almonds**.



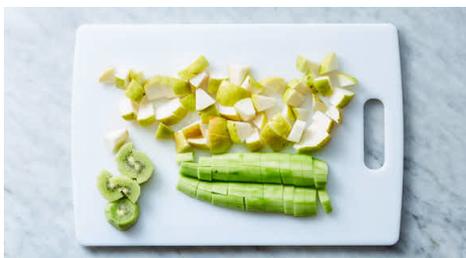
#### 2. Transfer to blender

Add **honey, hemp hearts, almonds, dates, apples,** and **almond butter** to blender. Top with **2 cups liquid of your choice** (we like unsweetened almond milk) and **1 cup ice**.



#### 3. Blend

Blend until smooth. Enjoy!



#### 4. Prep kiwi smoothie

Quarter **all of the pears**, then remove core and stem and cut into 1-inch pieces. Peel **kiwi**, then cut into 1-inch pieces. Trim ends from **cucumbers**, then peel and coarsely chop.



#### 5. Transfer to blender

Transfer **pears, kiwi, cucumbers,** and **spinach** to blender. Top with **2 cups liquid of your choice** (we like coconut water) and **1 cup ice**.



#### 6. Blend

Blend until smooth. Enjoy!