

MARLEY SPOON



Scarlet Rejuvenation Smoothie

and Tropical Green Detox Smoothie



under 20min



2 Servings

Our new smoothie recipes pack nutrients and deliciousness into every sip. A blend of antioxidant-rich beet powder, orange, apple, and fresh ginger makes for a great wake-me-up (or pick me up!) smoothie with a vibrant red hue. A tropical green smoothie perfectly balances spinach with sweet honey, apple, and kiwi and creamy yogurt packing a protein punch. Both are perfect smoothie for vegetable wary kids and adults.

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

- kosher salt
- 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.

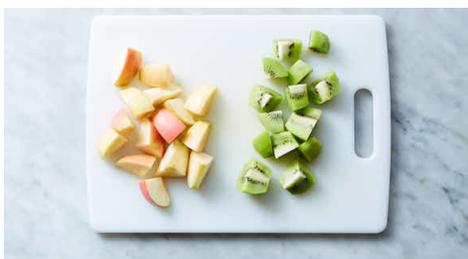
Nutrition per serving

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



1. Prep Scarlet Rejuvenation

Using a sharp knife, cut orange peel and white pith away from **orange**, then cut fruit into 2-inch pieces. Peel and finely chop **1 teaspoon ginger**. Quarter **1 of the apples**, then cut out core and cut into 2-inch pieces.



4. Prep Tropical Green Detox

Quarter the second **apple**, then discard core and stem and cut fruit into 1 inch pieces. Peel **kiwi**, then cut into 1-inch pieces.



2. Transfer to blender

Transfer **beet powder, oranges, apples, ginger**, and a **pinch of salt** to the blender. Top with **2 cups liquid of your choice** (we like coconut water) and **1 cup ice**.



5. Transfer to blender

Transfer **all of the honey, apples, kiwi, yogurt**, and **spinach** to the blender. Top with **2 cups liquid of your choice** (we like whole milk) and **1 cup ice**.



3. Blend

Blend until smooth. Enjoy!



6. Blend

Blend until smooth. Enjoy!