

# DINNERLY



## Sweet Green Smoothie

with Spinach, Apples & Pears



under 20min



2 Servings

Boost your Dinnerly order with this health-focused and oh-so-delicious smoothie! This refreshing combo full of cucumber, chia seeds, pear, apples, and spinach is a lean, green antioxidant machine. Buzz it up and gulp it down for a super hydrating meal or snack. **SERVINGS:** Couples plan yields 2 servings per smoothie and Family plan yields 4 servings.

#### WHAT WE SEND

- 1 Granny Smith apple
- 2 pears
- 1 cucumber
- chia seeds
- 2 (½ oz) pkts honey
- 5 oz baby spinach

#### WHAT YOU NEED

- liquid of your choice

#### TOOLS

- blender

#### ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 260kcal, Fat 1g, Carbs 59g, Proteins 4g



#### 1. Prep apples

Quarter **apple**, then remove stem and seeds. Cut into 1-inch pieces.



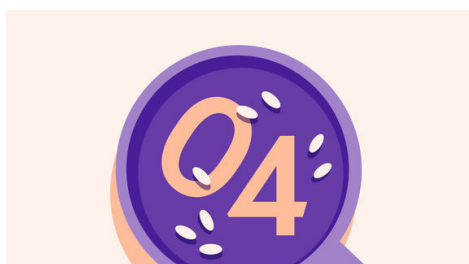
#### 2. Prep pears

Quarter **pears**, then remove stem and seeds. Cut into 1-inch pieces.



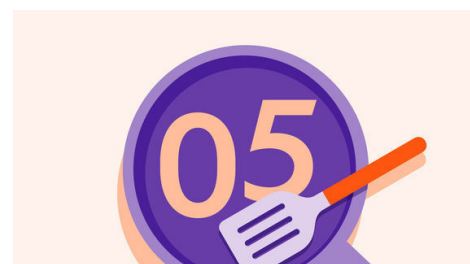
#### 3. Prep cucumber

Trim ends from **cucumber**, then peel and scoop out seeds. Cut into 1-inch pieces.



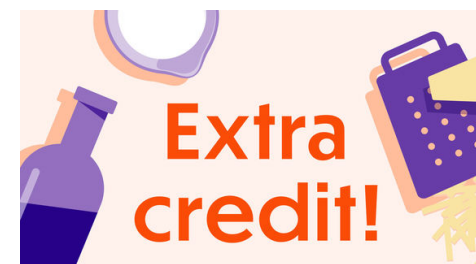
#### 4. Blend

Transfer **chia seeds, honey, apple, pears, and spinach** to the blender. Top with **2 cups liquid of your choice** (we like coconut water) and **1 cup ice**. Blend until smooth, thinning with a little extra liquid if desired.



#### 5. Pour & serve

Pour **smoothie** into glasses. Enjoy!



#### 6. Pro-tip!

We're all about texture over here. That said, make this smoothie even creamier with the addition of a banana, avocado, or yogurt before blending in step 5.