



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 ¹⁵
- 1 oz honey
- hemp hearts
- 1 pkt almond butter ¹⁵
- 2 pears
- 1 kiwi
- 1 cucumber
- 3 oz baby spinach

What you need

- liquid of your choice
- ice cubes

Tools

- blender

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

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!