



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

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

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

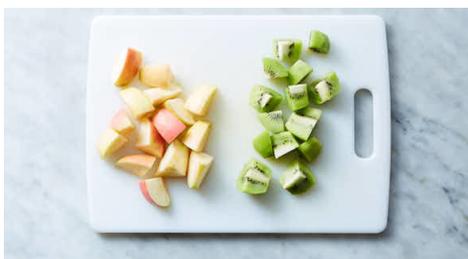
Nutrition per serving

Calories 280kcal, Fat 2g, Carbs 64g, Proteins 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**.



3. Blend

Blend until smooth. Enjoy!



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**.



6. Blend

Blend until smooth. Enjoy!