



Flu-Fighter Carrot Ginger Smoothie

with Cara Cara Oranges



under 20min



2 Servings

This powerhouse smoothie blend will help keep you armed and ready to fight off any winter woes. Packed full of anti-inflammatory ingredients like turmeric, ginger, hemp seeds, and honey and bursting with vitamin c from oranges and fresh pineapple, it's a winning combo your immune system will thank you for.

What we send

- 1 oz fresh ginger
- 1 orange
- 4 oz carrot
- 4 oz fresh pineapple
- ¼ oz hemp hearts
- 1 oz honey
- ¼ oz turmeric
- 1 container coconut water ¹⁵

What you need

- ice

Tools

- microplane or grater
- 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 ginger

Peel and finely grate **½ teaspoon ginger**.



2. Prep orange

Slice off tops and bottoms of **orange**. Lay orange on one of the flat sides. Use a knife to peel orange, removing white pith; discard peels. Cut orange into quarters.



3. Prep carrot

Scrub and trim **carrot** (peel, if desired), then cut into ½-inch pieces.



4. Transfer to blender

Transfer **carrots, oranges, and grated ginger** to a blender.



5. Add remaining ingredients

To the blender, add **pineapple, hemp hearts, all of the honey, and ½ teaspoon turmeric**.



6. Add liquid & blend

Add **coconut water** and **½ cup ice**; blend on high until smooth. Enjoy!