



Good Morning Matcha Smoothie

with Pineapple, Ginger & Spinach



under 20min



2 Servings

Rise and rejoice because we're bringing you the reinforcements you need to start your day off on the right foot. This creamy matcha smoothie is a nutritional powerhouse, full of apple, spinach, pineapple, and chia seeds. Matcha powder, made from finely ground green tea leaves and touted for its high concentration of antioxidants, takes center stage and provides the energy boost you need to put some extra pep in your step!

What we send

- 1 oz fresh ginger
- 1 apple
- ¼ oz chia seeds
- 1 oz honey
- ¼ oz matcha powder
- 8 oz fresh pineapple
- 3 oz baby spinach
- 1 container oat milk

What you need

- ice cubes

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

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

Nutrition per serving

Calories 270kcal, Fat 5g, Carbs 56g, Proteins 4g



1. Prep ginger

Peel and finely grate **½ teaspoon ginger** (save rest for own use.) Transfer to a blender.



2. Prep apple

Quarter **apple**, remove stem and core, and coarsely chop (peel first, if desired). Transfer to same blender.



3. Add to blender

Add **chia seeds, matcha powder**, and **all of the honey** to blender with **ginger and apples**.



4. Add remaining ingredients

Add **pineapple** and **spinach** to same blender.



5. Add oat milk

Pour **oat milk** into same blender. Blend on high until very smooth.



6. Blend & serve

Add **1 cup ice** and blend on high until smooth. Pour into glasses and serve. Enjoy!