



## Happy Belly Mango Smoothie

with Yogurt, Flax Seeds & Dates



under 20min



2 Servings

This smoothie packs all the good stuff to keep your digestive juices flowing. Full of soluble fiber from fruits like apples, mangoes, and dates, probiotics from Greek yogurt, and comforting warm spices, it's the perfect addition to your weekly menu. Because happy belly = happy life.

## What we send

- 2 oz medjool dates
- 1 mango
- 1 apple
- 1 lime
- 1 oz honey
- ¼ oz flax seeds
- 4 oz Greek yogurt (use half) <sup>7</sup>
- ¼ oz warm pie spice blend
- 1 pkg coconut water <sup>15</sup>

## What you need

- 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), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 390kcal, Fat 2g, Carbs 92g, Proteins 7g



### 1. Soak dates

Remove pits from **dates** and coarsely chop. Put dates in a blender and add ½ cup hot water. Let sit 5 minutes.



### 2. Peel & cut mango

Cut skin from **mango**, then carefully cut fruit from pit. Discard pit, then cut fruit into 1-inch pieces. Add to blender.



### 3. Cut apple

Quarter **apple**, peel if desired, then remove stem and seeds. Cut into 1-inch pieces. Add to blender with mango.



### 4. Prep lime

Finely grate ¼ **teaspoon lime zest** then squeeze **1 teaspoon lime juice**. Cut remaining lime into thin slices for garnishing.



### 5. Add remaining ingredients

Transfer **lime zest and juice, honey, flax seeds, ¼ cup of the yogurt**, and ¼ **teaspoon of the warm pie spice** to blender.



### 6. Finish

Top with **coconut water** and **1 cup ice**. Blend until smooth. Garnish with **lime wedge** and a **sprinkle of the warm pie spice**, if desired. Enjoy!