



Matcha Kale Smoothie

with Coconut, Banana, & Apple



2-5min



2 Servings

Notes from our dietitian: This energizing green smoothie delivers a mega-dose of antioxidants in every sip thanks to the addition of pure matcha, a superfood made from finely ground green tea leaves. We're complimenting its nutty flavor with freeze-dried bananas and coconut for a satisfyingly sweet and creamy finish. Add this smoothie to your weekly box for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 2 (½ oz) freeze dried bananas
- 2 (¾ oz) coconut milk powder ^{7,15}
- ¼ oz ground flaxseeds
- ¼ oz matcha powder
- 1 Granny Smith apple
- 3 oz baby kale
- 3 (½ oz) honey
- 11.1 oz coconut water ¹⁵

What you need

- 1½ cups ice cubes

Tools

- blender

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 310kcal, Fat 7g, Carbs 56g, Proteins 6g



1. Blend bananas

Transfer **all of the freeze dried bananas** to a blender.



2. Add coconut & matcha

To blender with **freeze dried bananas**, add **all of the coconut milk powder, ground flaxseeds, and matcha powder**.



3. Pulse ingredients

Pulse to combine all ingredients in blender.



4. Prep apple

Quarter **apple**, discard stem and core, and coarsely chop fruit (peel first, if desired).



5. Blend apple & kale

Add **apples, kale, all of the honey, and coconut water** to blender. Blend on high until smooth.



6. Add ice & serve

Add **1½ cups ice** to blender. Blend on high until smooth and frosty. Pour into glasses and serve. Enjoy!