



Fruity Probiotic Smoothie Bowl

with Apples & Honey Glazed Walnuts



under 20min



2 Servings

Notes from our dietitian: Listen to your gut (and optimize its health) by digging into this fruity bowl that combines the probiotics in Greek yogurt with plenty of soluble fiber from apples, chia, and hemp. Pineapple and honey are blended in for the perfect sweetness and an added boost of digestive enzymes. Add this smoothie bowl to your week for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 2 oz walnuts ¹⁵
- 2 (½ oz) honey
- 2 apples
- 4 oz fresh pineapple
- ½ oz freeze-dried strawberries
- 4 oz Greek yogurt ⁷
- ¼ oz chia seeds
- ¼ oz hemp hearts

What you need

- neutral oil
- kosher salt
- ½ c ice

Tools

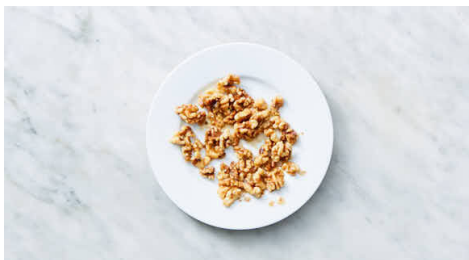
- small nonstick skillet
- blender

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 460kcal, Fat 24g, Carbs 53g, Proteins 13g



1. Toast walnuts

Heat **1 teaspoon oil** in a small nonstick skillet over medium-high. Add **walnuts** and cook, stirring, until lightly toasted, 3–4 minutes (watch closely). Remove from heat. Squeeze **1 packet of the honey** over walnuts and stir until nuts are coated. Transfer to a plate and season with **a pinch of salt**.



4. Add ice

Add **½ cup ice** to blender.



2. Prep apples

Quarter **apples** (no need to peel); remove stems and cores, then cut thinly slice fruit. Transfer **¾ cup apple slices** to a small bowl and reserve for step 6. Transfer **remaining apple** to a blender.



5. Blend smoothie

Blend **smoothie** on high until smooth. Transfer smoothie to bowls.



3. Add remaining ingredients

To blender with **apples**, add **pineapple, freeze-dried strawberries, yogurt, chia seeds, remaining honey**, and **half of the hemp hearts**.



6. Finish & serve

Coarsely chop **toasted walnuts**. Top **smoothie bowls** with **chopped walnuts, reserved apple slices**, and **remaining hemp hearts**. Enjoy!