



Anti-Inflammatory Tropical Smoothie Bowl

with Kiwi & Pineapple



under 20min



2 Servings

Notes from our dietitian: This powerhouse bowl features kiwi, pineapple, and spinach, all of which contain anti-inflammatory compounds. Honey and freeze-dried bananas bring more sweet and sunny flavors, while omega 3-rich chia, hemp, and cashews bring the muscle with their inflammatory fighting benefits. Add this smoothie bowl to your week for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 2 kiwi
- ½ lb fresh pineapple
- 3 oz baby spinach
- 2 (½ oz) honey
- 2 (½ oz) freeze dried bananas
- ¼ oz hemp hearts
- ¼ oz chia seeds
- 1 oz salted cashews ¹⁵

What you need

- ½ c ice

Tools

- blender

Allergens

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

Nutrition per serving

Calories 320kcal, Fat 10g, Carbs 54g, Proteins 7g



1. Prep kiwi

Peel **kiwi**, then cut fruit into bite-sized pieces.



2. Add fruit to blender

Transfer **half each of the pineapple and kiwi** to a blender (reserve remaining kiwi and pineapple for garnish).



3. Add remaining ingredients

Add **spinach, all of the honey and freeze dried bananas**, and ½ cup ice.



4. Blend smoothie

Blend **ingredients** on high until smooth.



5. Cut pineapple garnish

Cut **remaining pineapple** into bite-sized pieces, if desired.



6. Finish & serve

Transfer **smoothie** to bowls and top with **hemp hearts, chia seeds, cashews**, and **remaining pineapple and kiwi**. Enjoy!