



Green Machine Spirulina Smoothie

with Pear & Kiwi



under 20min



2 Servings

Notes from our dietitian: Spirulina is blue-green algae often described as a magical superfood. Full of plant-based protein and potent antioxidants, spirulina has been used for centuries as an anti-cancer agent and overall immune-enhancer. Add this vibrant green smoothie to your week for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 1 pear
- 2 kiwis
- ¼ oz chia seeds
- 1 pkt spirulina powder
- 1 oz maple syrup
- ¼ oz hemp hearts
- 3 oz baby spinach
- 11 oz oat milk

What you need

- ice cubes

Tools

- blender

Allergens

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

Nutrition per serving

Calories 250kcal, Fat 7g, Carbs 43g, Proteins 8g



1. Prep pears

Quarter **pear**, discard stem and core, and coarsely chop fruit (peel first, if desired). Transfer to a blender.



2. Prep kiwis

Halve **kiwis**. Use a spoon to scoop out inner fruit; discard peels. Transfer to the same blender.



3. Transfer to blender

To the blender, add **chia seeds, spirulina, half of the maple syrup** (or more or less depending on preferred sweetness), and **hemp seeds**.



4. Add spinach

Add **spinach** to blender.



5. Add oat milk

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



6. Blend ice & serve

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