

# DINNERLY



## Anti-Inflammatory Smoothie Bowl with Kiwi, Pineapple & Chia Seeds



30min



2 Servings

Get your body feeling as cool, calm, and collected as this sweet and frosty anti-inflammatory smoothie bowl. Fruits like kiwi and pineapple are rich in nutrients and antioxidants that help power you through the day. Doesn't hurt that they're tasty too! We also snuck in some spinach for an even greener smoothie, then topped it all off with a drizzle of honey and crunchy chia seeds. We've got you covered!

## WHAT WE SEND

- 2 kiwis
- 2 (4 oz) pineapple cups
- 2 (¼ oz) chia seeds
- ½ oz freeze dried bananas
- 3 (½ oz) honey
- 3 oz baby spinach

## WHAT YOU NEED

- ½ cup ice

## TOOLS

- blender

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 240kcal, Fat 2g, Carbs 51g, Protein 5g



### 1. Prep & freeze fruit

Peel **kiwis**; cut into bite-sized pieces. Drain **all of the pineapple**, reserving **pineapple juice** in a small bowl.

Spread out **¾ each of the pineapple and kiwi** in an even layer on a rimmed baking sheet (or large plate). Chill in freezer until firm and partially frozen, about 20 minutes. Set aside remaining fruit for serving.



### 2. Prep chia, start smoothie

While **fruit** freezes, add **half of the chia seeds** to bowl with **pineapple juice**. Whisk to break up any clumps and set aside until mixture thickens slightly, about 20 minutes.

Add **bananas** to blender and blend until completely powdered. Add **frozen pineapple and kiwi, chia pineapple juice, ⅔ of the honey, ¼ cup water, and ½ cup ice**; blend on high speed until smooth.



### 3. Finish & serve

Add **spinach** to blender, working in batches as needed; blend on high speed until smooth and frosty.

Serve **anti-inflammatory smoothie bowls** topped with **remaining chia seeds, pineapple, and kiwi**. Drizzle with **remaining honey**. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!