



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 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
- 3 (4 oz) pineapple cup
- 3 oz baby spinach
- 2 (½ oz) honey
- 2 (½ oz) freeze dried bananas
- 1 oz unsweetened, shredded coconut ¹⁵
- 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 430kcal, Fat 17g, Carbs 65g, Protein 8g



1. Prep kiwi

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



2. Add fruit to blender

Transfer **two containers pineapple** and **half of the 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. Drain pineapple garnish

Drain **remaining pineapple**.



6. Finish & serve

Transfer **smoothie** to bowls and top with **chia seeds, cashews, some of the coconut**, and **remaining pineapple and kiwi**. Enjoy!