



## Flu-Fighter Carrot Ginger Smoothie

with Orange & Pineapple



under 20min



2 Servings

This powerhouse smoothie blend will help keep you armed and ready to fight off any winter woes. Packed full of anti-inflammatory ingredients like turmeric, ginger, hemp seeds, and honey and bursting with vitamin c from oranges and fresh pineapple, it's a winning combo your immune system will thank you for.

### What we send

- 1 oz fresh ginger
- 1 orange
- 1 carrot
- 4 oz fresh pineapple
- ¼ oz hemp hearts
- 2 (½ oz) honey
- ¼ oz turmeric
- 8 oz coconut water <sup>15</sup>

### What you need

- ½ c ice

### Tools

- microplane or grater
- blender

### Allergens

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

### Nutrition per serving

Calories 190kcal, Fat 2g, Carbs 43g, Protein 3g



#### 1. Prep ginger

Finely grate **½ teaspoon ginger**.



#### 2. Prep orange

Cut off top and bottom from **orange**. Lay orange on one of the flat sides. Use a knife to peel orange, removing white pith; discard peels. Cut orange into quarters.



#### 3. Prep carrot

Scrub and trim **carrot** (peel first, if desired), then cut into ½-inch pieces.



#### 4. Transfer to blender

Transfer **carrots, oranges**, and **grated ginger** to a blender.



#### 5. Add remaining ingredients

To the blender, add **pineapple, hemp hearts, all of the honey**, and **½ teaspoon turmeric**.



#### 6. Add liquid, blend & serve

Add **coconut water** and **½ cup ice**; blend on high until smooth and frosty. Pour **smoothie** into glasses and serve. Enjoy!