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Healthy Glow Fruit Punch Smoothie Bowl

with Toasted Coconut, Almonds & Chia Seeds

🔿 30-40min 🔌 2 Servings

Notes from our dietitian: This power-packed smoothie bowl full of tropical flavors is sure to light up your day and your complexion. A generous dose of healthy fats from flax, chia, and coconut helps maintain healthy skin structure and hydration, while Vitamins C & E from pineapple, apple, orange, and almonds support cellular repair. Add this smoothie to your box for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 1 apple
- 2 (4 oz) pineapple cups
- $\frac{1}{2}$ oz unsweetened shredded coconut ¹⁵
- 1 oz sliced almonds ¹⁵
- 2 oranges
- ½ oz freeze dried strawberries
- 2 (¼ oz) ground flax seeds
- 2 (½ oz) honey
- ¼ oz chia seeds

What you need

• ice cubes

Tools

- small skillet
- blender

Allergens

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

Nutrition per serving

Calories 460kcal, Fat 16g, Carbs 74g, Protein 9g



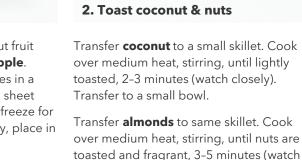
1. Prep ingredients

4. Blend strawberries

Place freeze-dried strawberries in a

blender and pulse until powdery.

Peel **apple**, remove core, and cut fruit into ½-inch pieces. Drain **pineapple**. Place pineapple and apple pieces in a single layer on a plate or baking sheet and transfer to freezer. Allow to freeze for at least 30 minutes. (Alternatively, place in an airtight container and freeze overnight.)



coconut.



5. Blend smoothie bowl

closely). Add almonds to bowl with

To blender with **strawberries**, add **orange juice** (save orange segments for garnish), **frozen apples and pineapple**, **all of the flax seeds and honey**, and ¹⁄₂ **cup ice**. Blend on high until smooth and frosty.



3. Prepare oranges

Cut off tops and bottoms from **oranges**; lay oranges on one of the cut sides. Use a knife to remove orange peels and any white pith. Cut fruit segments from each orange, slicing at an angle along both sides of the membrane. Transfer orange segments to a bowl. Squeeze juice from remaining orange membranes.



6. Assemble & serve

Transfer **smoothie** to bowls and top each with **chia seeds, toasted coconut, toasted almonds**, and **orange segments**. Enjoy!