



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
- ½ 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

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.)



4. Blend strawberries

Place **freeze-dried strawberries** in a blender and pulse until powdery.



2. Toast coconut & nuts

Transfer **coconut** to a small skillet. Cook over medium heat, stirring, until lightly toasted, 2-3 minutes (watch closely). Transfer to a small bowl.

Transfer **almonds** to same skillet. Cook over medium heat, stirring, until nuts are toasted and fragrant, 3-5 minutes (watch closely). Add almonds to bowl with coconut.



5. Blend smoothie bowl

To blender with **strawberries**, add **orange juice** (save orange segments for garnish), **frozen apples and pineapple**, **all of the flax seeds and honey**, and ½ 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!