

MARLEY SPOON



Super Green Smoothie with Chia Seeds

and Pineapple & Mint Digestive Ease Smoothie



under 20min



2 Servings

SERVINGS: Couples plan yields 2 servings per smoothie. Family plan yields 4 servings per smoothie. Add this smoothie pair to your box.

IT'S HEALTH-FOCUSED! Pineapple contains digestive enzymes that help the body

break down protein (great for post-workout recovery).

What we send

- 1 Granny Smith apple
- 1 pear
- ¼ oz fresh parsley
- ¼ oz chia seeds
- 3 oz baby spinach
- 1 cucumber
- 2 oz celery
- ¼ oz fresh mint
- ½ oz pkt honey
- 8 oz pineapple

What you need

- liquid of your choice
- ice cubes

Tools

- blender

Allergens

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

Nutrition per serving

Calories 240kcal, Fat 1g, Carbs 56g, Protein 4g



1. Prep green smoothie

Cut **apple** and **pear** into quarters, remove and discard cores and stems, and cut into 1-inch pieces. Coarsely chop **parsley leaves and stems** together.



2. Blend green smoothie

Transfer **chia seeds, apples, pears, parsley, spinach**, and a **pinch of salt** to a blender. Top with **2 cups ice** and **1 cup cold liquid of your choice** (we like a nondairy milk, like oat, for this smoothie). Blend until smooth.



3. Serve green smoothie

Pour into glasses, and serve. Enjoy!



4. Prep pineapple smoothie

Trim **cucumber**, peel, and cut into 1-inch chunks. Trim ends from **celery**, then cut into 1-inch pieces. Pick **¼ cup of mint leaves** from stems, discarding stems (save remaining mint for garnish).



5. Blend pineapple smoothie

Transfer **honey, celery, cucumber, pineapple and its juices, mint leaves**, and a **pinch of salt** to blender (order is important! more fiborous ingredients should be on the bottom). Top with **2 cups ice** and **1 cup cold liquid of your choice** (we like coconut water for this smoothie). Blend until smooth.



6. Serve pineapple smoothie

Pour into glasses, and serve. Garnish with **remaining mint**, if desired. Enjoy!