Youthful Glow Green Smoothie

and Golden Milk Protein Smoothie

🕐 under 20min 🍴 2 Servings

Notes from our Nutritionist: We can all use a little glow up after the indulgent holidays! This Youthful Glow smoothie can help thanks to green apples, which support liver function and help with cell regeneration, and anti-inflammatory ginger. We like adding coconut water for its hydrating properties. To make the Golden Milk Protein smoothie, we suggest unsweetened almond milk—grab one that is fortified with vitamin D!

What we send

- 1 apple
- 1 bunch curly kale
- 1 lemon
- 1 oz fresh ginger
- 1½ oz unsweetened shredded coconut (use for both smoothies) [15]
- 2 oz Medjool dates
- 1 pkt almond butter [15]
- 1 container Greek yogurt [7]
- ground turmeric
- ground cinnamon

What you need

- liquid of your choice
- ice cubes

Tools

- blender

Allergens
Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving
Calories 450kcal, Fat 24g, Carbs 56g, Protein 13g

1. Prep green smoothie

Core **apple**, then cut into 1-inch pieces (no need to peel). Remove and discard stems from **kale leaves**, then very coarsely chop half of the leaves (save rest for own use). Squeeze **1 tablespoon lemon juice** into a small bowl. Peel and finely chop **1½ teaspoons ginger**.

2. Blend green smoothie

Add **chopped kale, apple, ginger, lemon juice**, **¼ cup of the shredded coconut**, and **¾ cup liquid of your choice** to a blender. Blend until smooth. Add **2 cups ice** to the blender. Blend on high until smooth.

3. Serve green smoothie

Pour into glasses and serve. Enjoy!

4. Prep golden smoothie

Remove pits from **dates**.

5. Blend golden smoothie

Add **almond butter, dates, yogurt, ¼ cup of the shredded coconut**, **1 cup liquid of your choice**, **2 cups ice**, **1½ teaspoons of the turmeric**, and **½ teaspoon of the cinnamon** to a blender. Blend on high until smooth.

6. Serve golden smoothie

Pour smoothie into glasses. Sprinkle **a pinch each cinnamon and turmeric** over top, if desired. Enjoy!