

# MARLEY SPOON



## Mango Magic Smoothie

and Green Kiwi-Lime 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! Mangos, carrots, and oranges are rich sources of vitamins

A & C, which are essential for cell growth and contribute to a glowing complexion.

### What we send

- 1 mango
- 2 carrots
- 1 orange
- 1 oz fresh ginger
- 1 bunch curly kale
- 1 kiwi
- 1 cucumber
- 1 lime
- 2 apples
- 1 oz honey

### What you need

- liquid of your choice
- ice cubes

### Tools

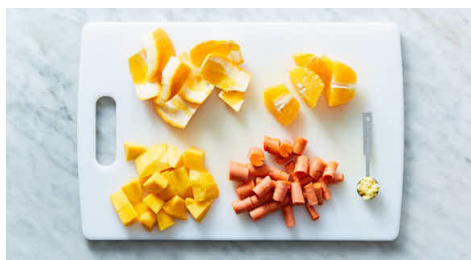
- blender

### Allergens

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

### Nutrition per serving

Calories 460kcal, Fat 2g, Carbs 115g, Protein 6g



#### 1. Prep mango smoothie

Cut skin from **mango**, then carefully cut fruit from pit. Discard pit, then cut fruit into 1-inch pieces. Scrub **carrots**, then cut into 1-inch pieces. Cut peel and white pith from **orange**, then cut flesh into 2-inch pieces. Peel and coarsely chop **1 teaspoon ginger**.



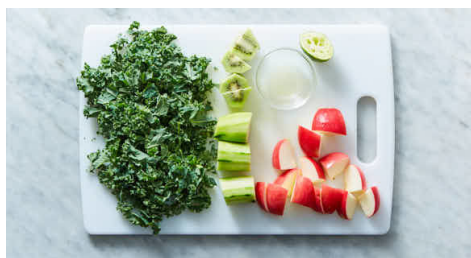
#### 2. Blend mango smoothie

Combine **orange, mango, and carrot pieces, chopped ginger, and a pinch of salt** in a blender. Add **1 cup liquid of your choice** (we like coconut water for this smoothie) and blend until smooth. Add **2 cups ice** and blend on high until smooth.



#### 3. Serve mango smoothie

Pour into glasses and serve. Enjoy!



#### 4. Prep kiwi-lime smoothie

Strip **kale leaves** from stems. Discard stems and coarsely chop 3 cups leaves (save rest for own use). Cut skin from **kiwi**, then cut fruit into 2-inch pieces. Peel, trim, and cut **cucumber** into 2-inch pieces. Cut **apples** in half, remove core and seeds, then cut into 2-inch pieces. Squeeze **2 teaspoons lime juice** into a blender.



#### 5. Blend kiwi-lime smoothie

Add **chopped kale, kiwi, cucumbers, apples, and honey** to the blender. Add **1½ cups liquid of your choice** (we like coconut water for this smoothie) and blend until smooth. Add **2 cups ice** and blend on high until smooth.



#### 6. Serve kiwi-lime smoothie

Pour into glasses and serve. Enjoy!