



Youthful Glow Green Smoothie

and Golden Milk Protein Smoothie



under 20min



2 Servings

IT'S HEALTH-FOCUSED! Ginger and turmeric are powerhouse ingredients with anti-inflammatory and antioxidant properties.

What we send

- 1 apple
- 1 bunch curly kale (use half)
- 1 lemon
- 1 oz fresh ginger
- 1½ oz unsweetened shredded coconut (divided between smoothies) ¹⁵
- 2 oz Medjool dates
- 1 pkt almond butter ¹⁵
- 1 container Greek yogurt ⁷
- turmeric (use 1½ tsp)
- ground cinnamon (use ½ tsp)

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

Scrub **apple**, discard core, then cut fruit into 1-inch pieces. Remove and discard stems from **half of the kale leaves**, then very coarsely chop 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

Combine **chopped kale, apples, chopped ginger, lemon juice, ¼ cup of the shredded coconut**, and **¾ cup liquid of your choice** (we like coconut water) in 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

Combine **almond butter, dates, yogurt, ¼ cup of the shredded coconut, 1 cup liquid of your choice** (we like unsweetened vanilla almond milk), **2 cups ice cubes, 1½ teaspoons of the turmeric**, and **½ teaspoon of the cinnamon** in a blender. Blend on high until smooth.



6. Serve golden smoothie

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