



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

## What you need

- liquid of your choice
- ice cubes

## Tools

- blender

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## 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, Proteins 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**.



### 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.



### 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.



### 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.



### 3. Serve mango smoothie

Pour into glasses and serve. Enjoy!



### 6. Serve kiwi-lime smoothie

Pour into glasses and serve. Enjoy!