



## 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
- 1 oz pkt honey
- 8 oz pineapple

## What you need

- ice cubes
- liquid of your choice

## 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 240kcal, Fat 2g, Carbs 56g, Proteins 4g



### 1. Prep green smoothie

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



### 2. Blend green smoothie

Add **chia seeds, spinach, apples, pears, parsley,** 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

Peel **cucumber**, trim, 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

Add **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 **1¼ cups 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!