



## Just Peachy Probiotic Smoothie

with Chia Seeds



under 20min



2 Servings

Notes from our dietitian: This slurp-worthy (and gut-friendly!) smoothie combines fiber-rich peaches, nectarines, and chia seeds with creamy Greek yogurt for optimal probiotic benefits. Add this smoothie to your weekly box for a no-hassle, nutrient-packed breakfast, lunch, or snack!

## What we send

- 2 nectarines
- 2 peaches
- 4 oz Greek yogurt <sup>7</sup>
- ¼ oz ground cinnamon
- 1.15 oz peanut butter <sup>5</sup>
- 2 (½ oz) apricot preserves
- 2 (½ oz) honey
- ¼ oz chia seeds

## What you need

- ice cubes

## Tools

- blender

## Allergens

Peanuts (5), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 330kcal, Fat 9g, Carbs 55g, Protein 13g



### 1. Prep fruit

Cut **nectarines** and **peaches** in half and remove pits. Cut each half into quarters.



### 2. Blend fruit

Transfer **fruit** to a blender and blend on high until smooth, 30-60 seconds.



### 3. Add yogurt & cinnamon

Add **yogurt** and **¼-½ teaspoon cinnamon** (depending on taste preference) to blender. Blend until incorporated.



### 4. Add sweetener

Add **peanut butter** and **all of the apricot preserves and honey** to blender. Blend until smooth.



### 5. Add ice

Add **1 cup ice** to blender. Blend on high until smooth and frosty.



### 6. Add chia seeds & serve

Add **chia seeds** to blender. Blend until just combined, 1-3 seconds. Pour **smoothie** into glasses and serve. Enjoy!