

MARLEY SPOON



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. We've added peanut butter for a boost of healthy fats and honey for perfectly balanced sweetness. (2p-plan serves 2; 4p-plan serves 4—nutrition reflects 1 smoothie)

What we send

- 2 nectarines
- 2 peaches
- 4 oz Greek yogurt ¹
- ¼ oz ground cinnamon
- 1.15 oz peanut butter ²
- 2 (½ oz) apricot preserves
- 2 (½ oz) honey
- ¼ oz chia seeds

What you need

- ice cubes

Tools

- blender

Allergens

Milk (1), Peanuts (2). 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 ingredients

Transfer **fruit** to a blender and blend on high until smooth, 30-60 seconds. Add **yogurt** and ¼-½ **teaspoon cinnamon** (depending on taste preference). Blend until incorporated. Add **peanut butter** and **all of the apricot preserves and honey**. Blend until smooth.



3. Finish & serve

Add **1 cup ice** to blender. Blend on high until smooth and frosty. Add **chia seeds** and blend until just combined, 1-3 seconds.

Pour **smoothie** into glasses and serve. Enjoy!



4. ...

Looking for more steps?



5. ...

You won't find them here!



6. ...

Enjoy your Martha Stewart & Marley Spoon meal!