

DINNERLY



Peanut Butter Banana Smoothie with Apples & Honey



ca. 20min



2 Servings

Break out the blender, because we're giving you the smoothie of your dreams. You don't need to pour in a bunch of sugar to make this delicious —just some fresh fruit, honey, peanut butter, and chia seeds. Basically, if you want to kick start your day feeling like the winner you are, this is the treat for you. We've got you covered!

WHAT WE SEND

- ¼ oz chia seeds
- 2 (½ oz) freeze dried bananas
- 1 apple
- 1 pear
- 2 (1.15 oz) peanut butter ⁵
- 2 (½ oz) honey

WHAT YOU NEED

- 1 cup ice

TOOLS

- blender

ALLERGENS

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

NUTRITION PER SERVING

Calories 400kcal, Fat 17g, Carbs 55g, Protein 9g



1. Prep chia & banana

In a small bowl or liquid measuring cup, stir to combine **chia seeds** and **¾ cup water**; let sit until **chia water** thickens and seeds are plump, about 10 minutes.

Transfer **bananas** to a blender and blend until powdery.



2. Prep fruit & blend

While **chia water** thickens, peel **apple** and **pear**; cut in half and discard stems and cores. Cut each into 1-inch pieces.

Add **fruit** and **chia water** to blender with **bananas**; blend until smooth. Add **all of the peanut butter and honey** and **1 cup ice**. Blend again until smooth.



3. Serve

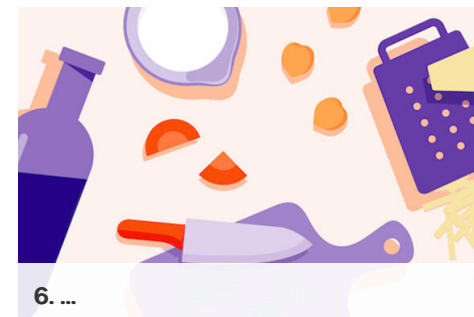
Pour **peanut butter banana smoothie** into glasses for serving. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!