

# MARLEY SPOON



## Cinnamon Apple Crisp Smoothie and PB&J 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 FAMILY-FRIENDLY! Peanut butter is a good source of plant-based protein,

fiber, and healthy fats, all of which help keep you full longer.

## What we send

- 3 oz oats
- 1 Granny Smith apple
- 4 oz Medjool dates
- ¼ oz ground flaxseeds
- apple pie spice (use ¼ tsp)
- 1 pear
- ½ lb red grapes
- 1½ oz pkt peanut butter<sup>5</sup>

## What you need

- liquid of your choice
- ice cubes

## Tools

- blender

## Allergens

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

## Nutrition per serving

Calories 580kcal, Fat 13g, Carbs 112g, Protein 11g



### 1. Prep apple smoothie

Put **⅓ cup oats** in a blender and add **⅔ cup hot tap water**. Let sit for 5 minutes while you prep fruit. Peel **apple**, cut into quarters, and remove and discard core and stem. Cut into 1-inch pieces. Remove and discard pits from **half of the dates** (reserve the remaining half for second smoothie recipe), then coarsely chop.



### 4. Prep PB&J smoothie

Cut **pear** into quarters (no need to peel), remove and discard core and stem, then cut into 1-inch pieces. Remove and discard pits from **reserved remaining dates**. Rinse **grapes**, then pick from stems.



### 2. Blend fruit

Place **dates** in the blender first, followed by **apples, ground flax seeds, ¼ teaspoon of the apple pie spice**, and **¾ cup liquid of your choice** (we like oat milk or almond milk for this smoothie). Blend on high until smooth.



### 5. Blend fruit

Place **dates** in blender first, followed by **grapes, pears, peanut butter**, and **1 cup of the liquid of your choice** (we like coconut water or almond milk for this smoothie). Blend on high until smooth.



### 3. Add ice & serve

Add **1½ cups ice** and blend until smooth. Pour into 2 glasses and serve. Enjoy!



### 6. Add ice & serve

Add **1½ cups ice** and blend until smooth. Pour into 2 glasses and serve. Enjoy!