

MARLEY SPOON



Peanut Butter Snack-Time Smoothie with Apples

and Piña Colada 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

- 2 pkts honey
- 1 oz dried cranberries
- 2 Pink Lady apples
- 1½ oz pkt peanut butter ⁵
- coconut milk powder ^{7,15}
- ½ oz unsweetened shredded coconut ¹⁵
- 1 orange
- 8 oz fresh pineapple

What you need

- ice cubes
- liquid of your choice

Tools

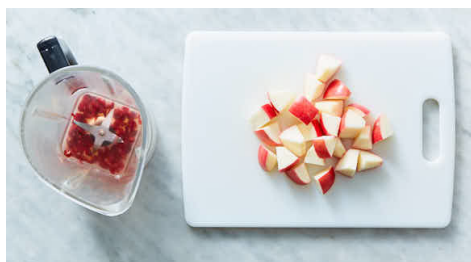
- blender

Allergens

Peanuts (5), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 20g, Carbs 97g, Protein 8g



1. Prep PB smoothie

Add **all of the honey, dried cranberries,** and **½ cup hot tap water** to a blender. Let stand for 5 minutes. Quarter **apples**, remove and discard cores, stems, and seeds, then chop apples into 1-inch pieces.



2. Blend PB smoothie

Add **peanut butter** and **apples pieces** to the blender. Top with **1 cup ice** and **1 cup cold liquid of your choice** (we like whole milk for this smoothie). Blend ingredients on high until very smooth.



3. Serve PB smoothie

Pour **smoothie** into glasses, and garnish with a sprinkle of cinnamon, if desired. Enjoy!



4. Prep piña colada smoothie

Add **coconut milk powder** and **shredded coconut** to a blender. Add **½ cup hot tap water**. Let stand for 5 minutes. Using a knife, cut peel and white pith from orange, then cut fruit into 1-inch pieces.



5. Blend piña colada

Add **pineapple and any juices** and **orange pieces** to the blender. Top with **1 cup ice** and **1¼ cups cold liquid of your choice** (we like coconut water for this smoothie). Blend on high until smooth.



6. Serve piña colada

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