

MARLEY SPOON



Cocoa-Coco Loco Smoothie

and Heart-Healthy Raspberry 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! Almonds are rich in healthy fats and are a plant-based

protein full of fiber and a host of essential vitamins and minerals.

What we send

- 2 oz Medjool dates
- 3 oz oats (divided between two recipes)
- 1 pear
- 1 oz salted almonds ¹⁵
- coconut milk powder ^{7,15}
- ¾ oz unsweetened cocoa powder (use 1½ Tbsp)
- raspberry powder (use 1 Tbsp)
- 1 apple
- 1 oz honey

What you need

- liquid of your choice
- ice cubes

Tools

- blender

Allergens

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

Nutrition per serving

Calories 480kcal, Fat 13g, Carbs 91g, Protein 9g



1. Prep cocoa-loco smoothie

Pit **dates**, then add to a blender along with **¼ cup of the oats**. Add **½ cup hot tap water**. Let sit while you prep the fruit. Cut **pear** into quarters, remove core and seeds, and cut into large pieces.



2. Blend cocoa-loco smoothie

Add **almonds** to the blender, followed by **coconut milk powder, pears, 1½ tablespoons of the cocoa powder**, and **1¼ cups liquid of your choice** (we like coconut water for this smoothie). Blend until very smooth. Add **1½ cups ice** and blend on high until smooth.



3. Serve cocoa-loco smoothie

Pour into glasses and serve. Enjoy!



4. Prep raspberry smoothie

Add **¼ cup of the oats** and **1 tablespoon of the raspberry powder** to a blender. Add **½ cup hot tap water**. Let sit while you prep the fruit. Cut **apple** into quarters, remove core and seeds, and cut into large pieces.



5. Blend raspberry smoothie

Add **apples, honey**, and **¾ cup liquid of your choice** (we like sweetened almond milk for this smoothie) and blend until very smooth. Add **1½ cups ice** and blend on high until smooth.



6. Serve raspberry smoothie

Pour into glasses and serve. Enjoy!