



MARLEY SPOON



Pumpkin Spice Smoothie & Chocolate Raspberry Truffle Smoothie

 ca. 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! Oats are THE super food for heart health, rich in soluble

fiber that supports regularity and helps to rid the body of bad cholesterol.

What we send

- 4 oz medjool dates
- 3 oz oats (divided between smoothie recipes)
- 1 can pumpkin purée (use $\frac{3}{4}$ cup)
- pumpkin pie spice (use $\frac{1}{4}$ tsp)
- $\frac{3}{4}$ oz unsweetened cocoa powder (use 2 Tbsp)
- 2 pears
- $\frac{1}{4}$ oz chia seeds
- raspberry powder (use $1\frac{1}{2}$ tsp)
- 1 oz honey

What you need

- liquid of your choice
- ice cubes

Tools

- blender

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580kcal, Fat 6g, Carbs 131g, Protein 10g



1. Prep pumpkin smoothie

Pit **dates**, then finely chop. Add chopped dates, **$\frac{1}{2}$ cup of the oats**, and **$\frac{3}{4}$ cup hot water** to a blender. Let soak for 5 minutes.



2. Blend pumpkin smoothie

Add **$\frac{3}{4}$ cup of the pumpkin** (save rest for own use), **$\frac{1}{4}$ teaspoon of the pumpkin pie spice**, and **1 cup liquid of your choice** (we like milk for this smoothie) to the blender. Blend until smooth. Add **2 cups ice** and blend on high until smooth.



3. Serve pumpkin smoothie

Pour into glasses, garnish with **a sprinkle of pumpkin pie spice**, and serve. Enjoy!



4. Prep chocolate smoothie

Add **$\frac{1}{2}$ cup of the oats**, **$\frac{3}{4}$ cup hot water**, and **2 tablespoons of the cocoa powder** to a blender. Let soak for 5 minutes. Halve **pears**, remove core and seeds, then cut flesh into 1-inch pieces.



5. Blend chocolate smoothie

Add **pears**, **chia seeds**, **honey**, **$1\frac{1}{2}$ teaspoons of the raspberry powder**, and **1 cup liquid of your choice** (we like vanilla sweetened almond milk for this smoothie) to the blender. Blend until smooth. Add **2 cups ice** and blend on high until smooth.



6. Serve chocolate smoothie

Pour into glasses and serve. Enjoy!