

MARLEY SPOON



Pumpkin Spice Smoothie

& Chocolate Raspberry Truffle Smoothie



ca. 20min



2 Servings

It's hard to believe these smoothie recipes are packed with nutrients, it only tastes like dessert in a glass, so no need to feel guilty! The first smoothie is full of fiber thanks to pumpkin purée and heart-healthy oats. We add a warming blend of spice and dates for a sweet kick. The next smoothie is for all the chocolate lovers, we pair cocoa powder with oats, dehydrated raspberry powder, fresh pears, chia seeds, and honey.

What we send

- 4 oz medjool dates
- 3 oz oats
- 1 can pumpkin
- pumpkin pie spice
- $\frac{3}{4}$ oz unsweetened cocoa powder
- 2 pears
- raspberry powder
- $\frac{1}{4}$ oz chia seeds
- 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

Remove pits from **dates** and finely chop. Add **$\frac{1}{2}$ cup of the oats** (save rest for chocolate shake), chopped dates, and **$\frac{3}{4}$ cup hot water** to blender bowl; let soak for 5 minutes.



4. Prep chocolate smoothie

Add **$\frac{1}{2}$ cup of the oats**, **$\frac{3}{4}$ cup hot water**, and **2 tablespoons cocoa powder** to blender bowl; let soak for 5 minutes. Trim **pears**, then halve and remove core and seeds. Cut pears into 1-inch pieces.



2. Blend smoothie

Add **$\frac{3}{4}$ cup pumpkin**, **$\frac{1}{4}$ teaspoon pumpkin spice**, and **1 cup milk** to blender bowl. Blend until smooth.



5. Blend smoothie

Add **1½ teaspoons raspberry powder**, **pears**, **chia seeds**, **honey**, and **1 cup vanilla sweetened almond milk** to blender.



3. Finish & serve

Add **2 cups ice** to blender bowl. Blend until frosty and smooth. Pour into glasses, garnish with **a sprinkle of pumpkin pie spice**, and serve. Enjoy!



6. Finish & serve

Add **2 cups ice** to blender. Blend until frosty and smooth. Pour into glasses and serve. Enjoy!