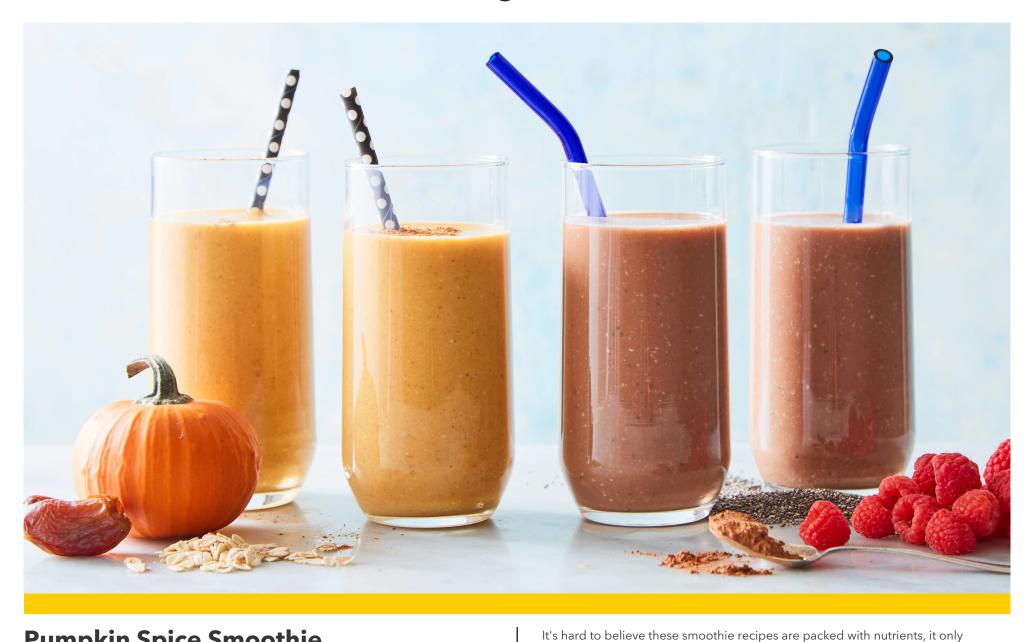
# MARLEY SPOON



# **Pumpkin Spice Smoothie**

& Chocolate Raspberry Truffle Smoothie





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 cocao 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
- ¾ oz unsweetened cocoa powder
- 2 pears
- raspberry powder
- ¼ 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 ½ **cup of the oats** (save rest for chocolate shake), chopped dates, and ¾ **cup hot water** to blender bowl; let soak for 5 minutes.



2. Blend smoothie

Add **%** cup pumpkin, **%** teaspoon pumpkin spice, and **1** cup milk to blender bowl. Blend until smooth.



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!



4. Prep chocolate smoothie

Add ½ cup of the oats, ¾ 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.



5. Blend smoothie

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



6. Finish & serve

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