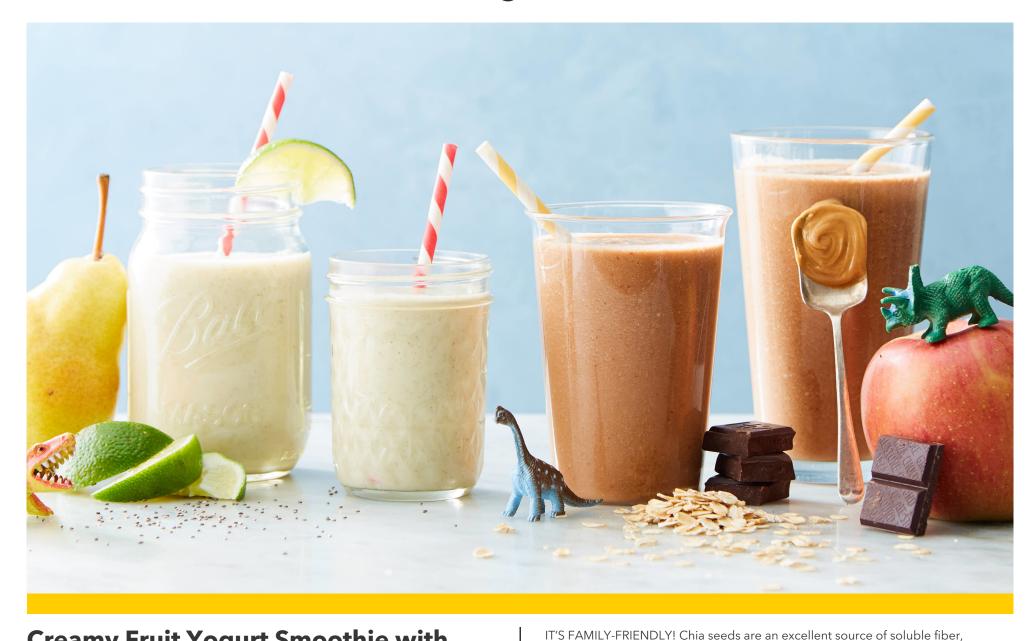
MARLEY SPOON



omega-3 healthy fats, iron, and calcium. And oats are the super food for heart health, rich in soluble fiber, and helps to rid the body of bad cholesterol.

Creamy Fruit Yogurt Smoothie with Chia Seeds

and Chocolate-Peanut Butter Oatmeal Smoothie

What we send

- 2 pears
- 1 lime
- · chia seeds
- 1 container Greek yogurt ⁷
- ½ oz apricot preserves
- 1 oz honey
- ¾ oz unsweetened cocoa powder (use 2 Tbsp)
- 3 oz oats (use ¼ cup)
- 2 apples
- $1\frac{1}{2}$ oz pkt peanut butter 5

What you need

- ice cubes
- liquid of your choice

Tools

blender

Allergens

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

Nutrition per serving

Calories 500kcal, Fat 14g, Carbs 85g, Protein 14g



1. Prep fruit

Quarter **pears**, discard cores and stems, then cut into 1-inch pieces. Finely grate ½ **teaspoon lime zest**, then squeeze **2 teaspoons lime juice**. Cut any remaining lime into wedges for garnish, if desired.



2. Add to blender

Add chia seeds, yogurt, apricot preserves, lime zest and juice, and pears to a blender. Top with 1 cup ice and 1½ cups liquid of your choice (we like oat milk for this smoothie).



3. Blend & serve

Blend on high until very smooth. Pour into glasses, then garnish with **any lime** wedges. Enjoy!



4. Prep chocolate & oats

Add all of the honey, 2 tablespoons of the cocoa powder, and ¼ cup of the oats to a blender. Add ½ cup hot tap water and let stand for 10 minutes.



5. Prep apples

Meanwhile, quarter **apples**, discard cores and stems, then cut into 2-inch pieces.



6. Blend & serve

Add **peanut butter** and **apples** to blender. Top with **1½ cups ice** and **1¼ cups liquid of your choice** (we like vanilla almond milk for this smoothie). Blend on high until very smooth. Pour into glasses. Enjoy!