

DINNERLY



Chocolate Peanut Butter Cup Smoothie with Honey



under 20min



2 Servings

Don't adjust your screen, you're seeing that right. You can now boost your Dinnerly order with our new smoothies! Enjoy as a fast breakfast, a midday energy boost, or a healthy indulgence. We're bringing the ingredients you need straight to your door, so all you have to do is buzz them together and gulp it down. We've got you covered! **SERVINGS:** Couples plan yields 2 servings and Family plan yields 4 servings.

WHAT WE SEND

- 2 oz medjool dates
- ¾ oz unsweetened cocoa powder
- 3 oz oats (use ¼ cup)
- 2 pears
- 4 (¾ oz) pkts peanut butter⁵
- 2 (½ oz) pkts honey

WHAT YOU NEED

- milk (or non-dairy milk)⁷
- coarse salt
- ice cubes

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 570kcal, Fat 24g, Carbs 87g, Proteins 14g



1. Chop dates

Remove pits from **dates**, then coarsely chop.



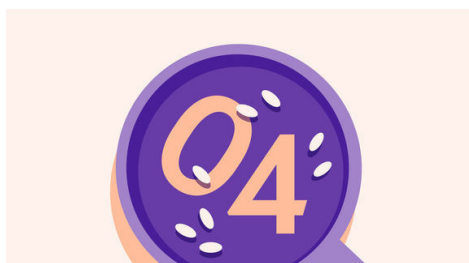
2. Prep smoothie

Add **cocoa powder**, **dates**, and ¼ cup of the **oats** (save rest for own use) to a blender, then pour in ½ cup **hot water**. Let sit for 5 minutes to allow dates and oats to soften.



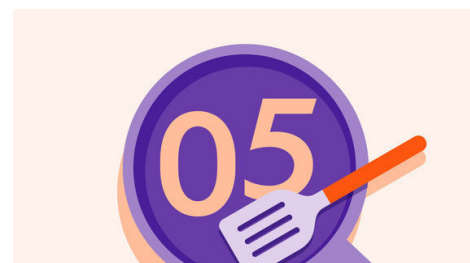
3. Cut pears

Peel **pears**, then cut into quarters, discarding cores and stems.



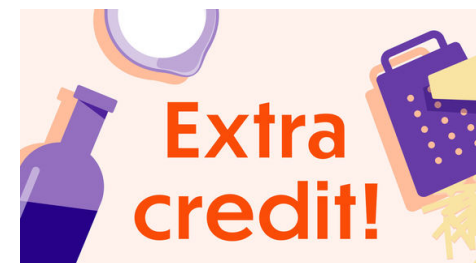
4. Blend ingredients

Add **all of the peanut butter and honey**, **pears**, 1 cup **milk**, and a **pinch of salt** to **dates mixture**. Blend on high until smooth.



5. Blend ice & serve

Add 1½ cups **ice**, then blend until frosty. Pour into glasses and serve.



6. Make it dairy free!

Swap the milk in step 4 for coconut water or your favorite non-dairy alternative.