



Peanut Butter Snack-Time Smoothie with Apples

and Piña Colada Smoothie



under 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! Peanut butter is a good source of plant-based protein, fiber, and healthy fats, all of which help keep you full longer.

What we send

- 2 pkts honey
- 1 oz dried cranberries
- 2 Pink Lady apples
- coconut milk powder ^{7,15}
- 2 (¾ oz) pkts peanut butter ⁵
- ½ oz unsweetened shredded coconut ¹⁵
- 1 orange
- 8 oz fresh pineapple

What you need

- ice cubes
- liquid of your choice

Tools

- blender

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Peanuts (5), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 20g, Carbs 97g, Proteins 8g



1. Prep PB smoothie

Add **all of the honey, dried cranberries**, and **½ cup hot tap water** to a blender. Let stand for 5 minutes. Quarter **apples**, remove and discard cores, stems, and seeds, then chop apples into 1-inch pieces.



2. Blend PB smoothie

Add **peanut butter** and **apples pieces** to the blender. Top with **1 cup ice** and **1 cup cold liquid of your choice** (we like whole milk for this smoothie). Blend ingredients on high until very smooth.



3. Serve PB smoothie

Pour **smoothie** into glasses, and garnish with a sprinkle of cinnamon, if desired. Enjoy!



4. Prep piña colada smoothie

Add **coconut milk powder** and **shredded coconut** to a blender. Add **½ cup hot tap water**. Let stand for 5 minutes. Using a knife, cut peel and white pith from orange, then cut fruit into 1-inch pieces.



5. Blend piña colada

Add **pineapple and any juices** and **orange pieces** to the blender. Top with **1 cup ice** and **1¼ cups cold liquid of your choice** (we like coconut water for this smoothie). Blend on high until smooth.



6. Serve piña colada

Pour **smoothie** into glasses, and serve. Enjoy!