



Creamy Fruit Yogurt Smoothie with Chia Seeds

and Chocolate-Peanut Butter Oatmeal Smoothie



under 20min



2 Servings

IT'S FAMILY-FRIENDLY! Chia seeds are an excellent source of soluble fiber, 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.

What we send

- 2 pears
- 1 lime
- chia seeds
- 1 container Greek yogurt ⁷
- ½ oz apricot preserves
- 2 (½ oz) pkt honey
- ¾ oz unsweetened cocoa powder
- 3 oz oats
- 2 apples
- 2 (¾ oz) pkts peanut butter ⁵

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). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 500kcal, Fat 15g, Carbs 85g, Proteins 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.



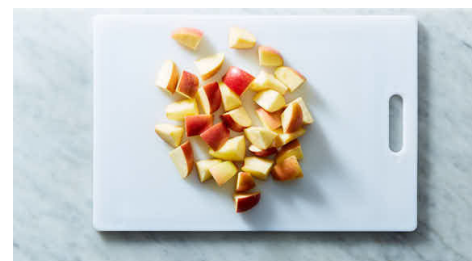
4. Prep chocolate & oats

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.



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).



5. Prep apples

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



3. Blend & serve

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



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!