



Cinnamon Apple Crisp Smoothie

and PB&J 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

- 3 oz oats
- 1 Granny Smith apple
- 4 oz Medjool dates
- ¼ oz ground flaxseeds
- apple pie spice (use ¼ tsp)
- 1 pear
- ½ lb red grapes
- 1½ oz pkt peanut butter ⁵

What you need

- liquid of your choice
- ice cubes

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). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580kcal, Fat 13g, Carbs 112g, Proteins 11g



1. Prep apple smoothie

Put **⅓ cup oats** in a blender and add **⅔ cup hot tap water**. Let sit for 5 minutes while you prep fruit. Peel **apple**, cut into quarters, and remove and discard core and stem. Cut into 1-inch pieces. Remove and discard pits from **half of the dates** (reserve the remaining half for second smoothie recipe), then coarsely chop.



4. Prep PB&J smoothie

Cut **pear** into quarters (no need to peel), remove and discard core and stem, then cut into 1-inch pieces. Remove and discard pits from **reserved remaining dates**. Rinse **grapes**, then pick from stems.



2. Blend fruit

Place **dates** in the blender first, followed by **apples, ground flax seeds, ¼ teaspoon of the apple pie spice**, and **¾ cup liquid of your choice** (we like oat milk or almond milk for this smoothie). Blend on high until smooth.



5. Blend fruit

Place **dates** in blender first, followed by **grapes, pears, peanut butter**, and **1 cup of the liquid of your choice** (we like coconut water or almond milk for this smoothie). Blend on high until smooth.



3. Add ice & serve

Add **1½ cups ice** and blend until smooth. Pour into 2 glasses and serve. Enjoy!



6. Add ice & serve

Add **1½ cups ice** and blend until smooth. Pour into 2 glasses and serve. Enjoy!