Cocoa-Nut Protein Boost Smoothie

with Peanut Butter & Cocoa Nibs

🕐 under 20min   🍴 2 Servings

This nutritious smoothie feels more like a delectable indulgence. Bursting with creamy goodness, rich chocolate-peanut butter flavor, and an energizing protein boost, it's a must-add to your weekly roundup. The best part? We use all-natural sugars, from pear and maple syrup, to bring perfectly balanced sweetness without the sugar crash.

What we send

- ¼ oz cacao nibs
- ¼ oz flax seeds
- ¾ oz unsweetened cocoa powder
- 1 pear
- 2 oz maple syrup
- 4 oz Greek yogurt [7]
- peanut butter [5]
- ¼ oz protein powder [6,7]
- 1 container milk [7]

What you need

- 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), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving
Calories 420kcal, Fat 18g, Carbs 53g, Proteins 22g

1. Prep ingredients

Transfer **cocoa nibs, ground flaxseeds and 3 tablespoons of cocoa powder** blender. Top with **½ cup hot tap water**. Let sit 5 minutes.

2. Prep pear

Peel **pear**, if desired, then quarter and remove stem and seeds. Coarsely chop pear. Transfer pear to the blender.

3. Add maple syrup

Transfer **maple syrup** to the blender.

4. Add rest of ingredients

Add **yogurt, peanut butter and protein powder** to the blender.

5. Add milk & ice

Add **milk** and **1 cup ice** to the blender.

6. Blend until smooth

Blend until smooth. Enjoy!