



Just Peachy Probiotic Smoothie

with Chia Seeds



under 20min



2 Servings

Notes from our dietitian: This slurp-worthy (and gut-friendly!) smoothie combines fiber-rich peaches, nectarines, and chia seeds with creamy Greek yogurt for optimal probiotic benefits. We've added almond butter for a boost of healthy fats and honey for perfectly balanced sweetness. Add this smoothie to your weekly box for a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- 12 oz nectarines
- 14 oz peaches
- 4 oz Greek yogurt ⁷
- ¼ oz ground cinnamon
- 1 pkt almond butter ¹⁵
- 2 (½ oz) apricot preserves
- 2 (½ oz) honey
- ¼ oz chia seeds

What you need

- ice cubes

Tools

- blender

Allergens

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

Nutrition per serving

Calories 350kcal, Fat 11g, Carbs 53g, Proteins 12g



1. Prep fruit

Cut **nectarines** and **peaches** in half and remove pits. Cut each half into quarters.



2. Blend fruit

Transfer **fruit** to a blender and blend on high until smooth, 30-60 seconds.



3. Add yogurt & cinnamon

Add **yogurt** and **¼-½ teaspoon cinnamon** (depending on taste preference) to blender. Blend until incorporated.



4. Add sweetener

Add **almond butter** and **all of the apricot preserves and honey** to blender. Blend until smooth.



5. Add ice

Add **1 cup ice** to blender. Blend on high until smooth and frosty.



6. Add chia seeds & serve

Add **chia seeds** to blender. Blend until just combined, 1-3 seconds. Pour **smoothie** into glasses and serve. Enjoy!