

MARLEY SPOON



Peanut Butter Banana Probiotic Smoothie

with Yogurt & Chia Seeds



under 20min



2 Servings

Notes from our dietitian: This dreamy, creamy smoothie is just what you need to keep your belly happy. Greek yogurt provides an extra dose of probiotics, and apples, pears, and chia seeds provide the prebiotics that help these good bacteria thrive. We've added peanut butter for protein and freeze-dried bananas and honey for the perfect sweetness. Enjoy this smoothie as a no-hassle, nutrient-packed breakfast, lunch, or snack!

What we send

- ¼ oz chia seeds
- 2 (½ oz) freeze dried bananas
- 1 apple
- 1 pear
- 2 (1.15 oz) peanut butter ⁵
- 2 (½ oz) honey
- 4 oz Greek yogurt ⁷

What you need

- ice

Tools

- blender

Allergens

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

Nutrition per serving

Calories 430kcal, Fat 17g, Carbs 58g, Protein 15g



1. Hydrate chia seeds

In a small bowl or liquid measuring cup, combine **chia seeds** and **½ cup water**, let sit until seeds are plump, about 10 minutes



4. Start smoothie

Add **fruit** and **chia water** to blender with **bananas**. Blend on high until smooth.



2. Blend bananas

Transfer **freeze-dried bananas** to a blender and blend until powdery.



5. Finish smoothie

Add **peanut butter, honey, yogurt**, and **1 cup ice**. Blend on high until smooth and frosty.



3. Prepare fruit

Meanwhile, peel **apple** and **pear**. Cut each in half; remove and discard core. Cut fruit into 1-inch pieces.



6. Serve

Pour **smoothie** into glasses. Enjoy!