

MARLEY SPOON



Chocolate Peanut Butter Cup Smoothie and Cherry Pie Smoothie



under 20min



2 Servings

Nothing goes better together than chocolate and peanut butter, so why not blend them up? Pears, peanut butter, dates, and cocoa powder come together to make a smoothie even the pickiest of eaters (err, drinkers) will love. An imaginative "cherry pie smoothie" blends heart-healthy oats, dates, cherries, and apples. Think of it as an iced-dessert-for-breakfast, in a glass.

What we send

- 2 oz Medjool dates
- $\frac{3}{4}$ oz unsweetened cocoa powder (use 2 Tbsp)
- 3 oz oats
- 2 pears
- 1 $\frac{1}{2}$ oz pkt peanut butter ⁵
- 2 oz dried cherries
- 2 apples
- $\frac{1}{2}$ oz pkt honey
- 2 ($\frac{1}{2}$ oz) pkts apricot preserves

What you need

- liquid of your choice
- kosher salt
- ice cubes

Tools

- blender

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 13g, Carbs 135g, Protein 10g



1. Prep chocolate smoothie

Remove pits from **half of the dates** (reserve remaining half for second smoothie recipe) and coarsely chop. Place dates, **2 tablespoons of the cocoa powder** (save rest for own use), **$\frac{1}{4}$ cup of the oats**, and **$\frac{1}{2}$ cup hot water** in a blender. Let sit for 5 minutes. Meanwhile, peel **pears**, cut into quarters, and remove cores and stems.



4. Prep cherry smoothie

Remove pits from **reserved dates**, and coarsely chop. Place chopped dates, **cherries**, **$\frac{1}{3}$ cup of the oats**, and **$\frac{2}{3}$ cup hot water** in a blender. Let sit for 5 minutes. Meanwhile, cut **apples** into quarters, and remove cores and stems.



2. Blend chocolate smoothie

Add **pears, peanut butter, 1 cup liquid of your choice** (we like sweetened vanilla almond milk for this smoothie), and **a pinch of salt** to blender, and blend until smooth.



5. Blend cherry smoothie

Add **apples, honey**, and **all of the apricot preserves** to blender. Add **$\frac{3}{4}$ cups liquid of your choice** (we like sweetened vanilla almond milk for this smoothie), and blend until smooth.



3. Finish chocolate smoothie

Add **1 $\frac{1}{2}$ cups ice**; blend until smooth. Pour into glasses, and serve. Enjoy!



6. Finish cherry smoothie

Add **1 $\frac{1}{2}$ cups ice**; blend until smooth. Pour into glasses, and serve. Enjoy!