

MARLEY SPOON



Chocolate Peanut Butter Cup Smoothie

and Cherry Pie Smoothie



under 20min



2 Servings

IT'S FAMILY-FRIENDLY! Oats are THE super food for heart health, rich in soluble fiber that supports regularity and helps to rid the body of bad cholesterol.

What we send

- 2 oz Medjool dates (divided between smoothies)
- $\frac{3}{4}$ oz unsweetened cocoa powder (use 2 Tbsp)
- 2 pears
- 1 $\frac{1}{2}$ oz pkt peanut butter ⁵
- 3 oz oats (divided between smoothies)
- 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
- coarse 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** and coarsely chop. Combine chopped dates, **2 tablespoons of the cocoa powder**, **$\frac{1}{4}$ cup of the oats**, and **$\frac{1}{2}$ cup hot water** in a blender. Let sit for 5 minutes. Peel **pears**, cut into quarters and discard cores and stems.



4. Prep cherry pie smoothie

Remove pits from **half of the dates**, then coarsely chop. Combine 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. Cut **apples** into quarters, then discard cores and stems.



2. Blend chocolate smoothie

Add **pears, peanut butter, 1 cup liquid of your choice** (we like sweetened vanilla almond milk), and **a pinch of salt** to the blender. Blend until smooth. Add **1 $\frac{1}{2}$ cups ice** and blend on high until smooth.



5. Blend cherry pie smoothie

Add **apples, honey, and apricot jam, $\frac{3}{4}$ cups liquid of your choice** (we like sweetened vanilla almond milk) to the blender. Blend until smooth. Add **1 $\frac{1}{2}$ cups ice** and blend on high until smooth.



3. Serve chocolate smoothie

Pour into glasses and serve. Enjoy!



6. Serve cherry pie smoothie

Pour into glasses and serve. Enjoy!