



## Pear-Tahini Date Shake

and Pomegranate, Raspberry & Mint Smoothie



under 20min



2 Servings

IT'S HEALTH-FOCUSED! Pears are a great source of fiber and are naturally a low-glycemic fruit that won't spike your blood sugar.

## What we send

- 2 oz medjool dates
- 1 pear
- 1 container Greek yogurt <sup>7</sup>
- 1 oz tahini <sup>11</sup>
- 1 oz honey
- apple pie spice (use ¼ tsp)
- 2 apples
- ¼ oz fresh mint
- raspberry powder
- 1 oz pomegranate seeds

## What you need

- liquid of your choice
- ice cubes

## Tools

- blender

## Allergens

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 440kcal, Fat 9g, Carbs 86g, Protein 10g



### 1. Prep smoothie

Remove pits from **dates** and coarsely chop. Transfer dates to a blender along with **¼ cup hot water**. Let stand 5 minutes. Quarter **pear**, discard core and stem, then chop into 1-inch pieces.



### 2. Blend smoothie

Add **yogurt, tahini, honey, pears**, and **¼ teaspoon of the apple pie spice** to blender. Add **¾ cup cold liquid of your choice** (we like sweetened vanilla almond milk for this smoothie). Blend ingredients on high until very smooth.



### 3. Add ice & serve

Add **1½ cups ice** and blend until frosty. Pour into glasses, sprinkle with **some of the apple pie spice**, and serve.



### 4. Prep smoothie

Quarter **apples**, discard cores and stems, then chop into 1-inch pieces. Remove most of the **mint leaves** from stems, saving a few sprigs for garnish, if desired.



### 5. Blend smoothie

Add **raspberry powder, pomegranate seeds, apples**, and **mint** to a blender. Add **¾ cup liquid of your choice** (we like unsweetened vanilla almond milk for this smoothie) and blend on high until smooth.



### 6. Add ice & serve

Add **1½ cups ice** and blend until frosty. Pour into glasses, garnish with **mint sprigs**, and serve.