

# MARLEY SPOON



## **Creamy Fruit Yogurt Smoothie with Chia Seeds**

and Chocolate-Peanut Butter Oatmeal Smoothie



under 20min



2 Servings

IT'S FAMILY-FRIENDLY! Chia seeds are an excellent source of soluble fiber, omega-3 healthy fats, iron, and calcium. And oats are the super food for heart health, rich in soluble fiber, and helps to rid the body of bad cholesterol.

### What we send

- 2 pears
- 1 lime
- chia seeds
- 1 container Greek yogurt <sup>7</sup>
- ½ oz apricot preserves
- 1 oz honey
- ¾ oz unsweetened cocoa powder (use 2 Tbsp)
- 3 oz oats (use ¼ cup)
- 2 apples
- 1½ oz pkt peanut butter <sup>5</sup>

### What you need

- ice cubes
- liquid of your choice

### 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 500kcal, Fat 14g, Carbs 85g, Protein 14g



#### 1. Prep fruit

Quarter **pears**, discard cores and stems, then cut into 1-inch pieces. Finely grate **½ teaspoon lime zest**, then squeeze **2 teaspoons lime juice**. Cut any remaining lime into wedges for garnish, if desired.



#### 2. Add to blender

Add **chia seeds, yogurt, apricot preserves, lime zest and juice**, and **pears** to a blender. Top with **1 cup ice** and **1½ cups liquid of your choice** (we like oat milk for this smoothie).



#### 3. Blend & serve

Blend on high until very smooth. Pour into glasses, then garnish with **any lime wedges**. Enjoy!



#### 4. Prep chocolate & oats

Add **all of the honey, 2 tablespoons of the cocoa powder**, and **¼ cup of the oats** to a blender. Add **½ cup hot tap water** and let stand for 10 minutes.



#### 5. Prep apples

Meanwhile, quarter **apples**, discard cores and stems, then cut into 2-inch pieces.



#### 6. Blend & serve

Add **peanut butter** and **apples** to blender. Top with **1½ cups ice** and **1¼ cups liquid of your choice** (we like vanilla almond milk for this smoothie). Blend on high until very smooth. Pour into glasses. Enjoy!