



HOME CHEF

BLENDER REQUIRED

Caramel Apple Smoothies

With Kale, Yogurt, and Peanut Butter



We packed the flavors from the delicious Hallow's Eve caramel apples you anxiously wait for all year into a deceptively nutritious smoothie. Vanilla greek yogurt provides a creamy, protein-rich base for tart Granny Smith apples, creamy peanut butter, and a kiss of sweet, rich caramel sauce. A little kale blended in balances out the sugar for a cool treat that won't put your teeth in jeopardy.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 474
Carbohydrates: 66g
Fat: 21g
Protein: 13g
Sodium: 311mg
per serving

DIETARY



GLUTEN-FREE

INGREDIENTS

2 Granny Smith Apple
5.3 oz. Vanilla Greek Yogurt
2 oz. Caramel Sauce
2 oz. Peanut Butter
2 ½ oz. Kale



Core the Apple and Blend the Smoothie

Rinse and core the **apple**. Cut into slices, setting 2 thin slices aside for garnish. Cut woody stalks out of **kale**. Combine **all ingredients** and 2 cups of **ice** into a blender. Blend until smooth. If necessary, add a Tbsp. of **water** at a time until desired consistency is achieved.



Drink Up!

Pour into two tall glasses and garnish with **apple slices**. Enjoy!

WHAT YOU NEED

Ice

EQUIPMENT

Blender/Food Processor/
Immersion Blender

DID YOU KNOW?

You can review our recipes and share feedback by visiting the “Order History” tab on your online account.

Discover more
recipes at
homechef.com