



In your box

- 1 oz. Roasted Peanuts
- 8 fl. oz. Vanilla Almond Milk
- 6 oz. Frozen Sliced Strawberries
- 4 oz. Greek Yogurt
- 3 oz. Creamy Peanut Butter
- 1 oz. Strawberry Preserves

CONTAINS milk, peanuts, soy, tree nuts (almonds)

SMOOTHIE (Blender Required)

Peanut Butter and Jelly Smoothie

with roasted peanuts and strawberry preserves

NUTRITION per serving—Calories: 498, Carbohydrates: 41g, Fat: 33g, Protein: 18g, Sodium: 348mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
5-10 min.

Cook Within
7 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy



You will need

Ice

Blender/Food Processor/Immersion Blender

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

Ingredient(s) used more than once: **peanuts**



1

Prepare the Ingredients

- Coarsely chop **peanuts**.
- *Instead of chopping peanuts, feel free to crush them in bag they were shipped in with a small pan or pot.*



2

Blend the Smoothie

- Place **all ingredients** (reserve half the **peanuts** for garnish) plus 2 cups **ice** in blender. Blend on high until smooth, 2 minutes.
- Divide **smoothie** between two glasses and garnish with reserved **peanuts**.