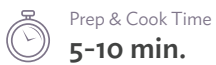




NUTRITION *per serving* 56g carbohydrates 27g fat 20g protein 136mg sodium | vegetarian, gluten-free, soy-free, shellfish-free



Calories
524



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



SMOOTHIE (BLENDER REQUIRED)
Peanut Butter Cup Smoothie
with chocolate syrup

IN YOUR BOX

1 fl. oz. Chocolate Syrup
1 oz. Roasted Peanuts
5.3 oz. Vanilla Greek Yogurt
3 oz. Creamy Peanut Butter
8 fl. oz. Sweetened Chocolate Almond Milk

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/3188

BEFORE YOU COOK

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

WHILE YOU COOK

- ☐ Presentation is everything! Save **chocolate syrup** and a pinch of **peanuts** for garnishing glasses.

FROM THE CHEF

Keep your blender running smoothly by adding liquids to canister first, followed by soft foods, then hardest items (including ice) last.

Did you know...

Almond milk is naturally lactose free and is a great source of vitamins A and D.



Blend the Smoothie

Place **all ingredients** (reserve **chocolate syrup** and a pinch of **peanuts**) in blender, plus 2 cups **ice**. Blend on high 2 minutes until smooth.



Serve the Smoothie

Swirl **chocolate syrup** around inside of glasses. Pour **smoothie** into glasses, garnish with reserved **peanuts**, and enjoy!