



In your box

- 1 Bartlett Pear
- 2 fl. oz. Banana Puree
- 8 fl. oz. Vanilla Almond Milk
- 1 ½ oz. Creamy Peanut Butter
- 1 fl. oz. Honey

If using fresh produce or fruit, thoroughly rinse and pat dry

Make the Smoothie

- Thoroughly rinse produce and pat dry.
 - Peel **pear**, quarter, core, and coarsely chop. Place **all ingredients** in a blender and blend, 3-4 minutes.
 - Add 2 cups **ice** and blend until smooth, 3-4 minutes.
 - Pour into two glasses and enjoy!
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Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 Minute Lunch

Peanut Butter & Banana Smoothie

with pear and almond milk

NUTRITION per serving Calories: 376, Carbohydrates: 63g, Fat: 11g, Protein: 6g, Sodium: 166mg.

CONTAINS peanuts, tree nuts (almonds)

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.