

DINNERLY



Tropical Strawberry-Mango Smoothie with Toasted Coconut



under 20min



2 Servings

This fruity smoothie will give you those by-the-beach vibes no matter where you are. Coconut milk, fresh mango, and some strawberry and banana makes one decent smoothie, but you know us. We have to be a little extra and top it off with toasted coconut flakes. We've got you covered! (2p-plan serves 2; 4p-plan serves 4—nutrition reflects 1 smoothie)

WHAT WE SEND

- ½ oz unsweetened shredded coconut ¹
- 1 mango
- ½ oz freeze dried bananas
- ½ oz freeze dried strawberries
- ½ oz honey
- 13.5 oz can coconut milk ¹

WHAT YOU NEED

- 1¼ cups ice

TOOLS

- rimmed baking sheet
- blender

ALLERGENS

Tree Nuts (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 37g, Carbs 47g, Protein 5g



1. Toast coconut

Preheat oven to 350°F with a rack in the center.

On a rimmed baking sheet, spread **shredded coconut** in an even layer. Toast on center oven rack until lightly golden-brown and fragrant, stirring halfway through cooking time, 4–6 minutes. Let cool to room temperature.



2. Blend smoothie

Cut skin from **mango**, then carefully cut fruit from pit; discard pit.

In a blender, combine **mango, bananas, strawberries, honey, coconut milk**, and 1¼ cups ice. Blend on high until smooth.



3. Serve

Serve **strawberry-mango smoothie** in glasses with **toasted coconut** over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!