

MARLEY SPOON



Coconut Key Lime Pie Smoothie and Pineapple Upside-Down Smoothie



under 20min



2 Servings

Abandon the cold weather and head somewhere tropical with a delightful coconut Key lime pie smoothie. It combines creamy, protein-rich yogurt with shredded coconut, lime zest and juice, and a touch of honey for sweetness. A pineapple upside-down drink blends lemon juice with heart-healthy oats, sweet pineapple, and dried cherries. It's an iced dessert in a glass.

What we send

- 3 oz oats
- 2 limes
- 1 container Greek yogurt ⁷
- 1½ oz unsweetened shredded coconut ¹⁵
- 1 oz honey
- 1 oz dried cherries
- 1 lemon
- ½ lb pineapple

What you need

- liquid of your choice
- ice cubes

Tools

- blender

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal, Fat 19g, Carbs 74g, Protein 13g



1. Prep coconut smoothie

Add **½ cup of the oats** (save rest for pineapple smoothie) and **½ cup hot water** to blender bowl; let soak for 5 minutes. Finely grate **½ teaspoon lime zest**, then squeeze 2 tablespoons juice.



2. Blend smoothie

Add **yogurt, coconut, lime zest and juice, honey** and **¾ cup milk or coconut water** to blender bowl. Blend smooth.



3. Finish & serve

Add **2 cups ice** to blender bowl. Blend until frosty and smooth. Pour into glasses and serve. Enjoy!



4. Prep pineapple smoothie

Add **½ cup of the oats**, **all of the cherries**, and **¾ cup hot water** to blender bowl; let soak for 5 minutes. Squeeze **½ tablespoon lemon juice**.



5. Blend smoothie

Add **pineapple with all of its juices** and **lemon juice** to blender bowl. Blend until smooth.



6. Finish & serve

Add **3½ cups ice** to blender. Blend until frosty and smooth. Pour into glasses and serve. Enjoy!