

DINNERLY



Raspberry Sherbet Smoothie with Apples & Yogurt



under 20min



2 Servings

Boost your Dinnerly order with our new smoothies! Enjoy as a fast breakfast, a midday energy boost, or a healthy indulgence. We're bringing the ingredients you need straight to your door, so all you have to do is whip it together and slurp it down. We've got you covered! **SERVINGS:** Couples plan yields 2 servings per smoothie and Family plan 4 servings.

WHAT WE SEND

- 2 oz medjool dates
- raspberry powder (use 2½ tsp)
- 2 apples
- 1 container Greek yogurt ⁷

WHAT YOU NEED

- liquid of your choice
- ice

TOOLS

- blender

ALLERGENS

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

NUTRITION PER SERVING

Calories 240kcal, Fat 2g, Carbs 54g, Proteins 7g



1. Prep dates

Remove pits from **dates**, then coarsely chop.



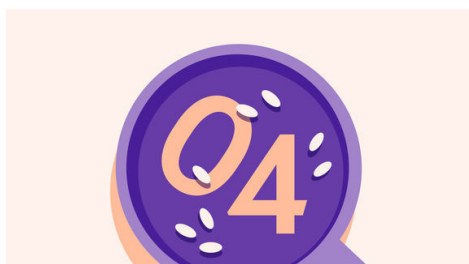
2. Soak dates

Combine **dates** and 2½ **teaspoons raspberry powder** in a blender, then pour in ½ **cup hot water**. Let sit for 5 minutes to allow dates to soften.



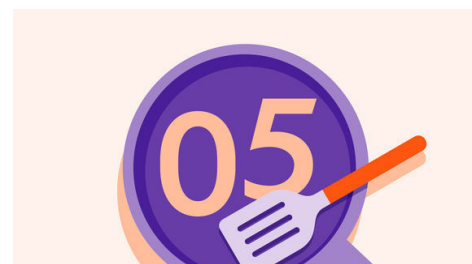
3. Cut apples

Quarter **apples**, then cut into 1-inch pieces, discarding cores and stems. Add to blender.



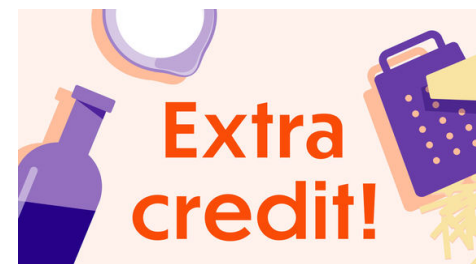
4. Add yogurt

Add **yogurt** to blender.



5. Blend & serve

Add 1 **cup cold liquid of your choice** (we like vanilla almond milk for this smoothie) and 1½ **cups ice** to ingredients in blender. Blend on high until smooth. Enjoy!



6. Make it dairy-free!

Swap the yogurt in step 4 for a banana, avocado, or chia seeds to make this smoothie dairy-free without losing that creamy goodness.