

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!

WHAT WE SEND

- 2 oz medjool dates
- ¼ oz raspberry powder
- 2 apples
- 4 oz Greek yogurt ⁷

WHAT YOU NEED

- liquid of your choice
- ice

TOOLS

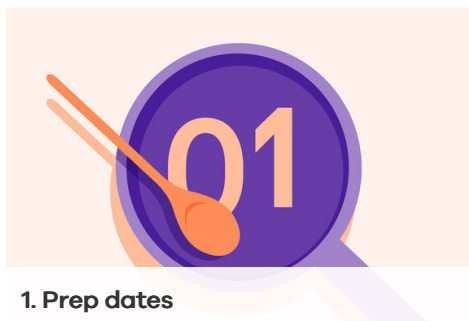
- blender

ALLERGENS

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

NUTRITION PER SERVING

Calories 240kcal, Fat 0g, Carbs 53g, Protein 7g



1. Prep dates

Coarsely chop **dates**.



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.



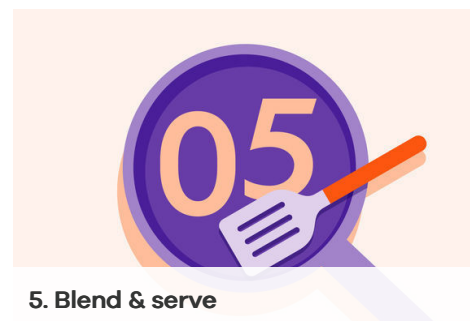
3. Prep apples

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



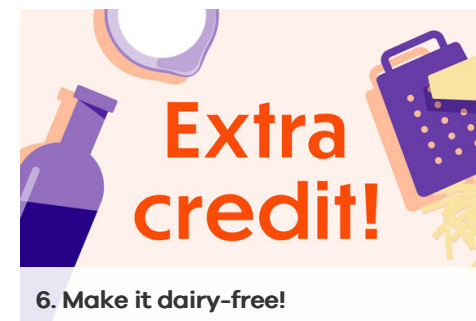
4. Add yogurt

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.