

# DINNERLY



## Probiotic Smoothie Bowl with Toasted Coconut & Almonds



20-30min



2 Servings

A smoothie bowl a day keeps the doctor away. Especially this one full of good-for-you ingredients. Greek yogurt is brimming with probiotics, aka friendly bacteria that help keep your body in tip-top shape. Blend it with honey and mango then top it off with orange slices, coconut, and almonds for a quick breakfast or filling snack that'll fuel your body all day long. We've got you covered!

### WHAT WE SEND

- 1 mango
- ½ oz unsweetened shredded coconut <sup>15</sup>
- 1 oz sliced almonds <sup>15</sup>
- 1 orange
- 3 (½ oz) honey
- 4 oz Greek yogurt <sup>7</sup>
- ¼ oz chia seeds

### WHAT YOU NEED

#### TOOLS

- small skillet
- 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 370kcal, Fat 13g, Carbs 57g, Protein 12g



#### 1. Prep ingredients

Peel **mango** and cut into 1-inch pieces. Chill in freezer for 25 minutes.

Add **coconut** to a small skillet. Cook over medium heat, stirring, until lightly toasted, 2–3 minutes (watch closely as it can burn easily). Transfer to a small bowl.

Add **almonds** to same skillet. Cook over medium heat, stirring, until toasted and fragrant, 3–5 minutes (watch closely). Add to bowl with coconut.



#### 2. Prep orange

Cut off top and bottom from **orange**; place orange on one of the cut sides. Slice downward to remove peel and any white pith. Turn orange on its side and slice between the membranes to remove orange segments. Transfer segments to a bowl.

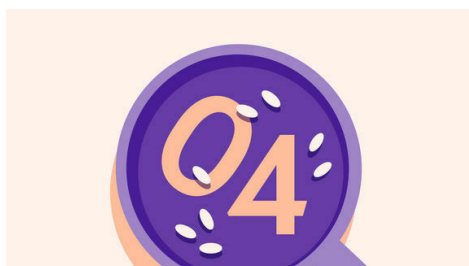
Squeeze **juice** from remaining orange membranes into a separate bowl.



#### 3. Blend & serve

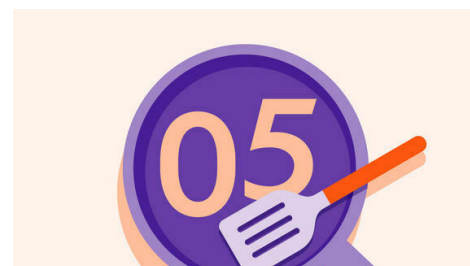
Add **all of the honey, yogurt, mango**, and **orange juice** to blender. Blend until smooth.

Serve **probiotic smoothie bowl** with **chia seeds, orange segments**, and **toasted almonds and coconut** over top. Enjoy!



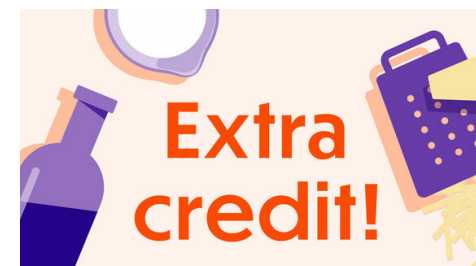
#### 4. ...

What were you expecting, more steps?



#### 5. ...

You're not gonna find them here!



#### 6. ...

Kick back, relax, and enjoy your Dinnerly!