


MARLEY SPOON



Coconut Key Lime Pie Smoothie and Pineapple Upside Down Smoothie

 under 20min  2 Servings

SERVINGS: Couples plan yields 2 servings per smoothie. Family plan yields 4 servings per smoothie. Add this smoothie pair to your box.

IT'S FAMILY-FRIENDLY! Oats are THE super food for heart health, they're rich in

soluble fiber which supports regularity, and helps to rid the body of bad cholesterol.

What we send

- 3 oz oats (divided between two recipes)
- 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

Combine **½ cup of the oats** and **½ cup hot top water** in a blender. Let soak for 5 minutes. Finely grate **½ teaspoon lime zest** and squeeze **2 tablespoons lime juice** into a small bowl.



2. Blend coconut smoothie

Add **yogurt, shredded coconut, lime zest and juice, all of the honey** and **¾ cup liquid of your choice** (we like coconut water for this smoothie) to the blender; blend until smooth. Add **2 cups ice** and blend on high until smooth.



3. Serve coconut smoothie

Pour **smoothie** into glasses and serve. Enjoy!



4. Prep pineapple smoothie

Combine **½ cup of the oats, all of the cherries**, and **¾ cup hot top water** in a blender. Let soak for 5 minutes. Squeeze **½ tablespoon lemon juice** into a small bowl.



5. Blend pineapple smoothie

Add **pineapple and its juices** and **lemon juice** to the blender; blend until smooth. Add **3½ cups ice** and blend on high until smooth.



6. Serve pineapple smoothie

Pour **smoothie** into glasses and serve. Enjoy!