

# DINNERLY



## Coconut Key Lime Pie Smoothie with Greek Yogurt

 under 20min  2 Servings

Summer is right around the corner, and we're channeling those beachside vibes with our refreshing coconut key lime pie smoothie. All we're missing is a tropical umbrella and sunshine. Simply whip it up and gulp it down for a super hydrating meal or snack! **SERVINGS:** Couples plan yields 2 servings per smoothie and Family plan yields 4 servings.

### WHAT WE SEND

- 2 oz medjool dates
- 3 oz oats (use ½ cup)
- 2 limes
- 2 apples
- 1 pkt shredded coconut <sup>15</sup>
- 1 container Greek yogurt (use half) <sup>7</sup>

### WHAT YOU NEED

- ice cubes
- liquid of your choice

### 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 460kcal, Fat 16g, Carbs 79g, Proteins 7g



#### 1. Soak oats

Remove pits from **dates** and roughly chop. Add dates, **½ cup of the oats**, and **½ cup hot water** to a blender. Let soak for 5 minutes to soften.



#### 2. Prep lime

Finely grate **½ teaspoon lime zest**, then squeeze **1 tablespoon juice**.



#### 3. Prep apples

Core **apples**, discard stems, cores, and seeds, then cut into 1-inch pieces.



#### 4. Blend smoothie

Add **coconut, lime zest and juice, apples, half of the yogurt**, and **¾ cup liquid of your choice** (we like milk, regular or non-dairy, for this smoothie) to blender. Blend on high until smooth.



#### 5. Finish & serve

Add **2 cups ice** to blender. Blend on high until frothy and smooth. Pour into glasses and serve. Enjoy!



#### 6. Take it to the next level

Is it just us, or is one of the best parts of key lime pie the honey graham cracker crust? Blend graham crackers into your smoothie or crumble over the top for added sweetness and texture.