



Piña Colada Inspired Smoothie Kit

with Pineapple and Coconut Milk

Breakfast 5-10 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Lime



Coconut Milk



Honey



Pineapple Rings

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Fine grater and blender.

Ingredients

Ingredients	Quantity
Lime**	1
Coconut Milk	200ml
Honey	30g
Pineapple Rings	1 tin

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	225g	100g
Energy (kJ/kcal)	1258 /301	559 /134
Fat (g)	21.5	9.5
Sat. Fat (g)	19.3	8.6
Carbohydrate (g)	23.7	10.5
Sugars (g)	21.6	9.6
Protein (g)	2.6	1.2
Salt (g)	0.13	0.06

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

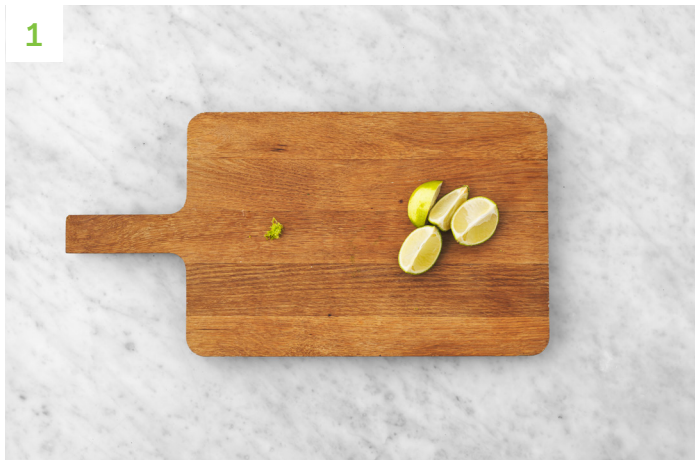
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To Start

a) Zest and quarter the **lime**.

b) Add the **coconut milk**, **honey**, a squeeze of **lime juice** and a **pinch of lime zest**, along with the **pineapple rings** and the **pineapple juice** from the tin into the blender.

TIP: Add more lime juice and zest to taste. If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Taste and Adjust

a) Blend until smooth, 1-2 mins, or until the **smoothie** is the consistency you like.

b) If you like your **smoothie** a little sweeter, add extra **honey** to taste.

c) To make your **smoothie** colder and thicker, add a few **ice cubes** and blend until smooth - we recommend about **4 ice cubes**.

Serve up your Smoothie

a) Divide your **smoothie** between 2 glasses to finish. **TIP:** Your smoothie is best enjoyed freshly made.

Enjoy!