



HOME CHEF

BLENDER REQUIRED

Cherry Manilow Smoothie

With Vanilla Wafers, Almond and Honey



For some, every note escaping Barry Manilow's lips is dripping with a rich tenor so sultry and inviting, it's like having two warm, quivering balloons filled with love massaging your eardrums. It's pretty awesome. So, too, is this smoothie. Warm flavors of vanilla wafer, almond, and honey permeate this icy concoction that will have your tastebuds dancing to the 'Copacabana' all morning (or night) long.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 343
Carbohydrates: 71g
Fat: 6g
Protein: 6g
Sodium: 134mg
per serving

DIETARY



LOW CALORIE

INGREDIENTS

1 Lime
2 oz. Vanilla Wafers
8 oz. Frozen Whole Cherries,
Pitted
1 tsp. Almond Extract
5.3 oz. Vanilla Greek Yogurt
2 Tbsp. Honey



Prepare the Ingredients

Rinse and cut two rounds from **lime**, then halve lime. Crush two **vanilla wafers** into crumbs and reserve for garnish.



Blend

Place **all ingredients** (except **lime rounds** and reserved **crushed wafer garnish**), 2 cups of **ice** and freshly squeezed **juice from lime halves** into a blender and blend on high for 3-4 minutes, or until smooth.

WHAT YOU NEED

Ice



Drink It Up!

Pour into glasses, garnish with **lime rounds** and **crushed wafers**, and serve immediately.

EQUIPMENT

Blender/Food Processor/
Immersion Blender

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