



NUTRITION *per serving* 75g carbohydrates 14g fat 3g protein 22mg sodium | vegetarian, gluten-free, dairy-free, soy-free, shellfish-free, nut-free

 Calories
502

 Prep & Cook Time
5-10 min.

 Cook Within
5 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

1 Avocado
8 oz. Frozen Peaches
12 fl. oz. Pineapple Juice
1 ½ oz. Honey

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/2470

BLENDER REQUIRED

Sweet Georgia Sunrise Smoothie

with pineapple, avocado, and honey

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!

WHILE YOU COOK

- Presentation is everything! Save two thin slices of **avocado** to garnish glasses before serving.
- If worried about sweetness of **smoothie**, add half the **honey** or omit from recipe.

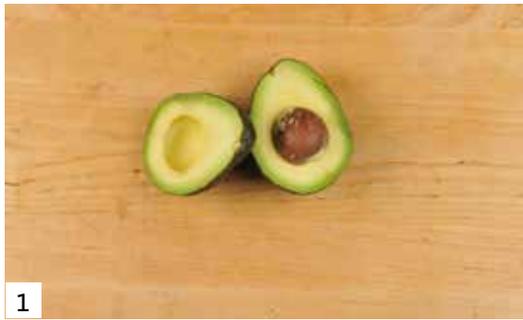
FROM THE CHEF

Ripen hard avocados in 1–2 days by closing them in a paper bag alone or with a banana, apple, or tomato.

Keep your blender running smoothly by adding liquids to canister first, followed by soft foods, then hardest items (including ice) last.

Did you know...

Peaches and Georgia are closely associated, and the sweet stone fruit has been planted in that state since the mid-18th century.



Prepare the Avocado

Halve **avocado** and remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut two thin slices of avocado for garnish, if desired. See *From the Chef* for tips on ripening hard avocados.



Blend the Smoothie

Add **all ingredients** (add **honey** to taste) and 2 cups **ice** to blender and blend on high until smooth.



Drink Up!

Pour **smoothie** into two glasses and garnish with reserved **avocado** slices.