



HOME CHEF

# BLUE ANGEL SMOOTHIE

## BLENDER REQUIRED

With Avocado and Pineapple Juice



Blueberries, avocado and spinach are foods that make it on every nutritionist's top 10 lists of foods to eat. Delicious and nutritious separately, when added together they form a delicious triumvirate whose sum is greater than its parts.

### OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

### NUTRITION

Calories: 282  
Carbohydrates: 38g  
Fat: 16g  
Protein: 4g  
Sodium: 17mg  
*per serving*

### DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

## INGREDIENTS

1 Avocado  
8 Oz. Frozen Blueberries  
2 ½ Oz. Spinach  
8 Oz. Pineapple Juice



### Halve the Avocado

Halve, seed, and remove the flesh from the skin of the **avocado** by scooping it out with a spoon. Set aside a few **blueberries** for garnish.



### Blend the Ingredients

Place **all ingredients** and **2 cups of ice** in a blender. Blend on high for 3-4 minutes, or until smooth. You may add additional ice or water to adjust consistency if desired.

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## WHAT YOU NEED

Ice



### Drink Up!

Pour into glasses, garnish with reserved berries, and serve immediately.

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## EQUIPMENT

Blender/Immersion Blender/  
Food Processor

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