



NUTRITION *per serving* 67g carbohydrates 4g fat 10g protein 40mg sodium | vegetarian, gluten-free, soy-free, shellfish-free, nut-free



Calories
312



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

SMOOTHIE (BLENDER REQUIRED)
Raspberry Chia Smoothie
with apple, yogurt, and honey

IN YOUR BOX

1 Granny Smith Apple
5 oz. Frozen Raspberries
1 tsp. Chia Seeds
4 fl. oz. Apple Juice
2 oz. Honey
5.3 oz. Plain Greek Yogurt

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/2500

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Control smoothie sweetness by adding half the **honey**, blending, and adding more to taste.
- **Heads Up!** Raspberries and chia seeds are used twice. Most are added to **smoothies** and a few are used as garnish.

FROM THE CHEF

A good rule of thumb for blending smoothies is to add liquids to the blender first, followed by soft foods, and saving harder foods like apples and ice cubes for last.

For best texture results, keep frozen fruit in the freezer just up until you make the smoothie.

Did you know...

Chia seeds aren't only super nutritious, but they also help thicken the smoothie. Allow smoothies to sit for a minute or two before drinking to activate their magical thickening power.



1

Prepare the Apple

Core **apple** and cut into chunks.



2

Blend Smoothie

Place **all ingredients** in blender (reserving a few **raspberries** and **chia seeds** for garnish) and blend with two cups **ice** until smooth.



3

Drink Up!

Pour **smoothie** into glasses, garnish with reserved **raspberries** and **chia seeds**.