



Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



Hawaii Five-O Smoothie

with pineapple and mango

In your box

4 oz. Frozen Mangoes
4 oz. Frozen Pineapple
6 fl. oz. Pineapple Juice
4 oz. Greek Yogurt
1 fl. oz. Honey

Blend the Ingredients

- Place **all ingredients** (add **honey** to taste) into blender with 2 cups **ice**. Blend until smooth, 3-4 minutes.
 - Pour **smoothie** into two glasses and enjoy!
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NUTRITION per serving Calories: 215, Carbohydrates: 43g, Fat: 3g, Protein: 4g, Sodium: 38mg.

CONTAINS milk

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.