



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



Mango Tango Smoothie

with pineapple, orange, yogurt, and honey

In your box

- 1 Orange
 - 1 ½ fl. oz. Honey
 - 8 oz. Frozen Mangoes
 - 6 fl. oz. Pineapple Juice
 - 4 oz. Greek Yogurt
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Make the Smoothie

- Peel **orange** and separate flesh into quarters. If desired, slice two long strips from peel and twist to form **orange peel "twist"** for garnish.
 - Place **honey** (to taste) and remaining **ingredients** (reserve orange peel twists for garnish) into a blender. Blend until smooth, 3-4 minutes.
 - Add 2 cups **ice** and blend until smooth, 3-4 minutes.
 - Pour smoothie into glasses, garnish with orange peel "twists," and serve immediately.
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NUTRITION per serving Calories: 282, Carbohydrates: 59g, Fat: 3g, Protein: 5g, Sodium: 38mg.

CONTAINS milk

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