




NUTRITION *per serving* 80g carbohydrates 8g fat 14g protein 263mg sodium

 Calories
449

 Prep & Cook Time
5-10 min.

 Cook Within
7 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

3 oz. Marshmallow Fluff
1 fl. oz. Chocolate Syrup
½ cup Graham Cracker Crumbs
8 fl. oz. 2% Milk
5.3 oz. Vanilla Greek Yogurt

CONTAINS: milk, eggs, wheat, soy

IN YOUR KITCHEN

Ice
Blender/Food Processor/Immersion
Blender

www.homechef.com/2532



SMOOTHIE (BLENDER REQUIRED)

S'mores Smoothie

with graham cracker crumbs

BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Set **marshmallow fluff** on counter to soften

WHILE YOU COOK

- ☐ Presentation is everything! Coat glasses with **chocolate syrup** and **graham crackers** for that extra-special look.

FROM THE CHEF

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

Did you know...

Graham crackers today are a far cry from their health-oriented origins dating back to 1929. In fact, they were bland by design to discourage what inventor Sylvester Graham viewed as immoral desires brought on by rich, fatty foods.



Rim the Glasses

Place a small amount of **chocolate syrup** on a plate and lightly coat the rims of two glasses by rolling in chocolate syrup. Place **graham cracker crumbs** on another plate and roll glasses in crumbs to create a delicious graham cracker rim.



Blend the Ingredients

Place **all ingredients**, including **graham cracker crumbs** that didn't stick to the glasses, in a blender with 2 cups **ice**. Blend until smooth, 3-4 minutes.



Drink Up!

Pour **smoothie** into glasses and enjoy!