



HOME CHEF

ORANGE YOU GLAD SMOOTHIE

BLENDER REQUIRED

With Orange, Pineapple and Avocado



Oranges are nothing out of the ordinary in the morning, but when paired with avocado, apple, yogurt, and pineapple juice in a smoothie, your morning just became anything but routine. After downing one of these concoctions, you'll have the energy and nutrients to get it done!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 373
Carbohydrates: 53g
Fat: 16g
Protein: 11g
Sodium: 38mg
per serving

DIETARY



LOW CALORIE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

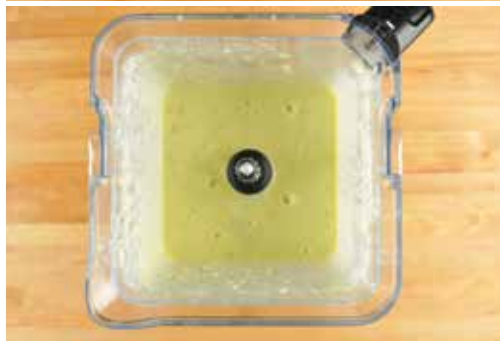
INGREDIENTS

2 Piece Oranges
1 Piece Granny Smith Apple
1 Piece Avocado
5.3 oz. Greek Yogurt
6 oz. Pineapple Juice



Prepare the Ingredients

Rinse oranges and apple. Slice two rounds from an **orange** for garnish. Peel oranges. Quarter and core **apple**. Halve, seed and remove flesh from **avocado**. Quarter avocado flesh.



Blend the Smoothie

Place **all ingredients (except garnish)** into a blender with **2 cups of ice**. Blend on high for 3-4 minutes, or until smooth.

WHAT YOU NEED

Ice



Drink up!

Pour into glasses, and garnish with an **orange slices**.

EQUIPMENT

Blender/Food Processor/
Immersion Blender

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