



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



Strawberry Fields Smoothie

with pear and yogurt

In your box

6 fl. oz. Pineapple Juice
4 oz. Greek Yogurt
8 oz. Frozen Sliced Strawberries
1 Pear

If using fresh produce, thoroughly rinse and pat dry

Make the Smoothie

- Check pear for ripeness upon delivery. If unripe, close in a paper bag. Let sit on a counter for a couple days.
 - Stem, quarter, and core **pear**.
 - Place **all ingredients** in a blender with 2 cups ice. Blend on high until smooth, 2-3 minutes.
 - If desired, add a little water and blend further for a more pourable consistency.
 - Pour into two glasses and enjoy!
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NUTRITION per serving Calories: 190, Carbohydrates: 36g, Fat: 3g, Protein: 5g, Sodium: 41mg.

CONTAINS milk *Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

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