



NUTRITION *per serving* 39g carbohydrates 14g fat 12g protein 150mg sodium | CONTAINS dairy, nuts | vegetarian



Calories
319



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



SMOOTHIE (BLENDER REQUIRED)
Caffè Mocha Smoothie
with chia seeds and Greek yogurt

IN YOUR BOX

- 1 Tbsp. Chia Seeds
- 1 fl. oz. Chocolate Syrup
- ½ fl. oz. Coffee Concentrate
- 5.3 oz. Plain Greek Yogurt
- 8 fl. oz. Vanilla Almond Milk

IN YOUR KITCHEN

- Ice
- Blender/Food Processor/
Immersion Blender

www.homechef.com/2809

BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!

WHILE YOU COOK

- ☐ **Heads Up!** Chocolate syrup is used twice. Most goes into **smoothie**, and 1 tsp. garnishes smoothie.

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...

Chia seeds are packed with fiber, protein, and other vitamins. They also help thicken the smoothie.



Prepare the Ingredients

Set aside 1 tsp. **chocolate syrup** for garnish. Place remaining **ingredients**, plus 2 cups **ice cubes**, in canister of blender.



Blend

Blend mixture on high until smooth, 3 minutes.



Drink Up!

Divide **smoothie** between two glasses and drizzle **reserved chocolate syrup** over the top.