



**NUTRITION** *per serving* 29g carbohydrates 2g fat 7g protein 34mg sodium | vegetarian, gluten-free, soy-free, nut-free



Calories  
**160**



Prep & Cook Time  
**5-10 min.**



Cook Within  
**7 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

2 Mint Sprigs  
2 Kiwis  
6 oz. Frozen Whole Strawberries  
5.3 oz. Strawberry Greek Yogurt  
8 oz. Orange Juice

#### IN YOUR KITCHEN

Ice  
Small Bowl  
Blender/Food Processor/  
Immersion Blender

[www.homechef.com/2907](http://www.homechef.com/2907)



**HOME CHEF**

**BLENDER REQUIRED**

## Strawberry-Kiwi Smoothie

with mint and yogurt

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- Remember to reserve a few **mint sprigs** for garnishing smoothies!

## 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...*

*Kiwis are actually native to China and were brought over to New Zealand by missionaries in the early 20th century. Originally named “Chinese gooseberries”, the fruit’s name was later changed to kiwi because its fuzzy brown skin resembled that of the Kiwi bird, a native New Zealand species.*



### Prepare the Ingredients

Stem **mint**. Halve **kiwi** and, using a spoon, scoop fruit out of skin and into a small bowl.



### Blend the Smoothie

Set aside a few **mint leaves** for garnish. Place remaining **ingredients** into blender and blend on high until all ingredients are fully incorporated.



### Serve

Divide **smoothie** between two glasses and garnish with reserved **mint leaves**.