



NUTRITION *per serving* 35g carbohydrates 4g fat 10g protein 169mg sodium | vegetarian, gluten-free, soy-free



Calories
211



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Red Beet
- 1 Lime
- 2 Mint Sprigs
- 4 oz. Frozen Blueberries
- 8 oz. Sweetened Vanilla Almond Milk
- 5.3 oz. Plain Greek Yogurt
- 2 tsp. Chia Seeds
- 1 Tbsp. Honey

IN YOUR KITCHEN

- Ice
- Box Grater
- Blender/Food Processor/
Immersion Blender

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HOME CHEF

BLENDER REQUIRED

Beet, Blueberry, and Mint Smoothie

with chia seeds, yogurt, and almond milk

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

- **Heads Up!** Reserve a few **mint leaves** and **lime rounds** for garnishing smoothies.
- **Beets** add unmistakable earthiness tinged with sweetness to this smoothie. We think utilizing $\frac{1}{2}$ cup of **grated beet** strikes a perfect balance with **blueberries**, but feel free to blend with half that amount. Taste and blend with more if desired.

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...

Forget swiping right, in some cultures it's thought that if a man and woman eat from the same beet they will fall in love.



Prepare the Ingredients

Trim top off **beet**, peel, and grate on large holes of a box grater. *Grating beets can be a messy proposition, so place your grater directly in a bowl to make cleanup easier.* Measure out $\frac{1}{2}$ cup grated beet and reserve rest for another use (like topping for a salad or stirring into a sauce or spread). Halve **lime** and juice half. Cut two rounds from other half for garnish and juice remainder. Stem **mint** and reserve a couple **leaves** for garnish.



Blend

Add **all ingredients** to blender canister (reserve **mint leaves** and **lime rounds** for garnish). Add 2 cups **ice** and blend on high 2 minutes, or until smooth.



Serve and Drink Up!

Divide **smoothie** between two glasses, garnish with **reserved mint** and **lime rounds**, and enjoy!