




NUTRITION *per serving* 42g carbohydrates 4g fat 10g protein 109mg sodium | CONTAINS dairy, nuts | vegetarian

 Calories
236

 Prep & Cook Time
5-10 min.

 Cook Within
7 days

 Difficulty
Easy

 Spice Level
Not Spicy



SMOOTHIE (BLENDER REQUIRED)
Raspberry-Peach Smoothie
with honey and Greek yogurt

IN YOUR BOX

6 oz. Frozen Raspberries
2 oz. Frozen Peaches
8 fl. oz. Sweetened Vanilla Almond Milk
5.3 oz. Peach Greek Yogurt
½ oz. Honey

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/2939

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

- ❑ Presentation is everything! Reserve a few **raspberries** and **peach slices** to garnish glasses with.
- ❑ We recommend adding half the **honey** first, tasting, and adding more to suit your desired sweetness.

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...

Raspberries are delicious, but watch these red menaces: they can be very invasive and can conquer an entire garden if left to their own devices. They develop shoots (or suckers) underground that grow roots and even individual plants.



Blend the Smoothie

Place **all ingredients** (reserve a few **raspberries** and **peach slices** for garnish), plus 2 cups **ice** in a blender. Blend on high until ingredients are fully incorporated, 2 minutes.



Drink Up!

Pour **smoothie** into a glass and garnish with reserved **raspberries** and **peaches**.