



NUTRITION *per serving* 54g carbohydrates 5g fat 6g protein 150mg sodium | vegetarian, gluten-free, soy-free, shellfish-free



Calories
270



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

5 ½ oz. Frozen Peaches
5 ½ oz. Frozen Raspberries
5.3 oz. Lemon Greek Yogurt
½ oz. Honey
8 fl. oz. Almond Milk

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/3000



HOME CHEF

BLENDER REQUIRED

Berry Peach Blast Smoothie

with raspberries 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!

WHILE YOU COOK

- Control smoothie sweetness by adding **half the honey**, blending, and adding more to taste.

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...

There are over 200 known species of raspberries, but only two of those species are produced on a large scale.



Make the Smoothie

Place **all ingredients** in blender. Blend on high 2 minutes. Add 1-2 cups **ice** and blend on high until smooth.



Drink up!

Pour **smoothie** into a tall glass and enjoy!