



In your box

- 8 oz. Frozen Mangoes
- 8 fl. oz. Vanilla Almond Milk
- 1 oz. Honey
- 4 oz. Greek Yogurt

CONTAINS milk, tree nuts (almonds)

Smoothie (Blender Required)

Mango-Honey Smoothie

with Greek yogurt

NUTRITION per serving—Calories: 211, Carbohydrates: 41g, Fat: 4g, Protein: 5g, Sodium: 109mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
5-10 min.

Cook Within
7 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy



You will need

Ice

Blender/Food Processor/Immersion Blender

Before you cook

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



1

Blend the Smoothie

- Place **all ingredients** and 2 cups **ice** in blender.
- Blend on high until smooth, 2 minutes.
- *Keeping fruits for smoothies in the freezer until the last minute improves the smoothie's texture.*



2

Serve the Smoothie

- Divide **smoothie** between two glasses and enjoy!