



**NUTRITION** *per serving* 34g carbohydrates 4g fat 8g protein 43mg sodium | vegetarian, gluten-free, soy-free, nut-free



Calories  
**186**



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



Cook Within  
**7 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

1 Kiwi  
8 oz. Frozen Mangoes  
5.3 oz. Vanilla Greek Yogurt  
2 tsp. Honey  
8 oz. Orange Juice

#### IN YOUR KITCHEN

Ice  
Blender/Food Processor/  
Immersion Blender

[www.homechef.com/3097](http://www.homechef.com/3097)



**HOME CHEF**

**Mango-Kiwi Smoothie**  
with honey and vanilla Greek 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

- Kiwi seeds are very small, but packed with fiber and Omega-3s. For a smoother texture, strain through a wire-mesh strainer before serving.
- 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...*

*Pound for pound, kiwis have more Vitamin C than an orange.*



### Prepare the Ingredients

Halve **kiwi** and scoop flesh out with a spoon.



### Blend

Place **all ingredients** (add **honey** to taste), plus 2 cups **ice** in blender, and blend on high 2 minutes, or until smooth.



### Serve the Smoothie

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