



**NUTRITION** *per serving* 53g carbohydrates 4g fat 11g protein 114mg sodium | vegetarian, gluten-free, soy-free



Calories  
258



Prep & Cook Time  
5-10 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Not Spicy

#### IN YOUR BOX

4 oz. Frozen Whole Strawberries  
4 oz. Frozen Pineapple  
5.3 oz. Vanilla Greek Yogurt  
8 oz. Sweetened Vanilla Almond Milk  
2 oz. Rolled Oats

#### IN YOUR KITCHEN

Ice  
Blender/Food Processor/  
Immersion Blender

[www.homechef.com/3282](http://www.homechef.com/3282)



HOME CHEF

**BLENDER REQUIRED**

## Strawberry Pineapple Smoothie

with vanilla almond milk and rolled oats

## 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

- Oats in a smoothie are a great thickener, but the texture isn't for everyone—make sure to blend them very well, or leave them out and add in increments 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's actually a fruit called pineberry. It's a white-fleshed strawberry with red seeds, but has a distinct flavor of pineapple. Native to South America, it is the oldest variety of strawberry.*



## Blend the Ingredients

Place **all ingredients** (add **oats** to taste) plus 2 cups **ice** in blender. Blend on high for 2 minutes, or until smooth.



## Drink Up!

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