



**NUTRITION** *per serving* 57g carbohydrates 6g fat 13g protein 115mg sodium | vegetarian, gluten-free, soy-free, shellfish-free



Calories  
268



Prep & Cook Time  
5-10 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Not Spicy



HOME CHEF

SMOOTHIE (BLENDER REQUIRED)

## Strawberry Mango Smoothie

with vanilla Greek yogurt

### IN YOUR BOX

4 oz. Frozen Sliced Strawberries  
4 oz. Frozen Mangoes  
5.3 oz. Vanilla Greek Yogurt  
8 fl. oz. Vanilla Almond Milk

### IN YOUR KITCHEN

Ice  
Blender/Food Processor/  
Immersion Blender

[www.homechef.com/3306](https://www.homechef.com/3306)

## 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

- Keep your blender running smoothly by adding liquids to canister first, followed by soft foods, then hardest items (including ice) last.

## FROM THE CHEF

Keeping fruits for smoothies in the freezer until the last minute improves the smoothie's texture.

### *Did you know...*

*The paisley pattern, developed ages ago in India, is actually modeled after the shape of a mango. It's true! Also, mangoes are related to cashews and pistachios—who knew?*



## Blend the Smoothie

Place **all ingredients** and 2 cups **ice** in blender. Blend on high until smooth, 2-4 minutes.



## Drink Up!

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