



**NUTRITION** *per serving* 36g carbohydrates 2g fat 8g protein 29mg sodium | vegetarian, gluten-free, soy-free, nut-free



Calories  
182



Prep & Cook Time  
5-10 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Not Spicy

#### IN YOUR BOX

2 Mint Sprigs  
10 oz. Frozen Blueberries  
6 oz. Pineapple Juice  
5.3 oz. Vanilla Greek Yogurt

#### IN YOUR KITCHEN

Ice  
Blender/Food Processor/  
Immersion Blender

[www.homechef.com/3327](http://www.homechef.com/3327)



HOME CHEF

**BLENDER REQUIRED**

## Blueberry Pineapple Smoothie

with mint 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

- Presentation is everything! Save two **mint** leaves to garnish glasses.

## 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...*

*The United States produces over 500 million pounds of blueberries every year, enough to cover a four-lane highway from New York to Chicago.*



### Prepare the Ingredients

Stem **mint**.



### Blend the Smoothie

Place **all ingredients** (reserve two **mint leaves** for garnish), plus 2 cups **ice** in blender. Blend on high 2 minutes, or until smooth.



### Drink Up!

Pour **smoothie** into a glass and garnish with reserved **mint leaf**.