



**NUTRITION** per serving 35g carbohydrates 2g fat 7g protein 35mg sodium | vegetarian, gluten-free, soy-free, nut-free

 Calories  
175

 Prep & Cook Time  
5-10 min.

 Cook Within  
7 days

 Difficulty  
Easy

 Spice Level  
Not Spicy

#### IN YOUR BOX

1 Persian Cucumber  
8 oz. Frozen Whole Cherries,  
Pitted  
6 fl. oz. Pineapple Juice  
5.3 oz. Key Lime Greek Yogurt

#### IN YOUR KITCHEN

Ice  
Blender/Food Processor/  
Immersion Blender

[www.homechef.com/3356](http://www.homechef.com/3356)

**BLENDER REQUIRED**

## Cherry Pineapple Smoothie

with key lime 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 **cucumbers rounds** to garnish glasses before serving.

## 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...

Ever wonder why people having a “spa day” put cucumbers on their eyes? Nutrients in cucumbers have been shown to lighten skin (reducing dark circles under eyes) and relieve water retention (reducing puffiness).



### Prepare the Ingredients

Trim **cucumber** and cut into ¼” rounds. Reserve two rounds to garnish glasses.



### Blend

Place **all ingredients** in a blender, along with 2 cups **ice**, and blend on high 2-3 minutes, or until smooth.



### Drink Up!

Pour **smoothie** in a glass. Cut a slit halfway through reserved **cucumber round** and place on rim. Enjoy!