



NUTRITION *per serving* 30g carbohydrates 1g fat 9g protein 33mg sodium | vegetarian, gluten-free, soy-free, nut-free



Calories
155



Prep & Cook Time
10-May min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

SMOOTHIE (BLENDER REQUIRED)

Blueberry Cucumber Smoothie

with key lime Greek yogurt and pineapple juice

IN YOUR BOX

1 Persian Cucumber
5.3 oz. Key Lime Greek Yogurt
6 fl. oz. Pineapple Juice
8 oz. Frozen Blueberries

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/3368

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 **cucumber rounds** for garnishing glasses.

FROM THE CHEF

Cucumber contains a lot of water, making this smoothie thinner in consistency, but easily sipped through a straw.

Did you know...

Studies have shown diets rich in antioxidants, like those found in blueberries and cucumbers, may make getting older a little easier by slowing macular degeneration and maintaining healthy blood pressure.



Prepare the Ingredients

Trim **cucumbers** and cut two thin rounds with a small notch for placing on rim of glass. Cut remaining cucumber into 1" rounds.



Blend

Place **all ingredients** in blender with 2 cups **ice**. Blend 3-4 minutes, or until smooth.



Drink Up!

Serve **smoothie** in glasses and garnish with **cucumber rounds**.