



NUTRITION *per serving* 44g carbohydrates 5g fat 12g protein 94mg sodium | vegetarian, gluten-free, soy-free, shellfish-free, nut-free



Calories
255



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

1 Navel Orange
6 fl. oz. Orange Juice
Concentrate
8 fl. oz. Whole Milk
5.3 oz. Vanilla Greek Yogurt

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/3402



HOME CHEF

BLENDER REQUIRED

Creamy Orange Smoothie

with 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 a few **orange rounds** for garnishing glasses.
- Make sure to allow the blender enough time to fully incorporate **orange** for a smooth consistency.

FROM THE CHEF

If you want this smoothie to really explode with orange flavor, zest the orange before cutting and add zest (to taste) to blender with other ingredients.

Did you know...

Julius Freed opened an orange stand in Los Angeles in the 1920s where he served a sweet, frothy concoction that made his tart orange juice more palatable. He named the drink after himself, and it soon grew to mythic proportions. Orange Julius was the official drink of the 1964 World's Fair in New York.



Prepare the Orange

Trim ¼” off one end of **orange**. Cut two thin rounds with a small notch for placing on rim of glass. Peel remaining orange, and coarsely chop fruit.



Blend

Place **all ingredients** (except **orange slices**) into blender. Blend on high 1-2 minutes, or until smooth. Add 2 cups **ice** and blend on high to break up ice.



Drink Up!

Pour **smoothie** into glasses and garnish with **orange slices**.