



NUTRITION *per serving* 34g carbohydrates 2g fat 10g protein 100mg sodium | vegetarian, gluten-free, soy-free, shellfish-free



Calories
184



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

BLENDER REQUIRED

Black & Blueberry Smoothie

with Greek yogurt and honey

IN YOUR BOX

8 oz. Frozen Blueberries
½ oz. Honey
5.3 oz. Blackberry Greek Yogurt
8 fl. oz. Vanilla Almond Milk

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/3452

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

- Presentation is everything! Save a couple **blueberries** for garnishing glasses.
- We recommend adding half the **honey** first, tasting, and adding more to suit your desired sweetness.

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...

Blueberries aren't actually blue, but deep purple. They contain high amounts of the pigment anthocyanin, which lends them their rich color.



Blend the Smoothie

Place **all ingredients** in blender (reserve a few **blueberries** for garnish if desired). Blend on high 2 minutes until smooth. Place 2 cups **ice** in blender and blend until ice is incorporated.



Serve the Smoothie

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