



**NUTRITION** *per serving* 34g carbohydrates 3g fat 6g protein 106mg sodium | vegetarian, gluten-free, soy-free, shellfish-free



Calories  
179



Prep & Cook Time  
5-10 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Not Spicy



HOME CHEF

BLENDER REQUIRED

## Mango-Passionfruit Smoothie

with honey and almond milk

### IN YOUR BOX

½ oz. Honey  
8 oz. Frozen Mangoes  
5.3 oz. Passionfruit Greek Yogurt  
8 fl. oz. Vanilla Almond Milk

### IN YOUR KITCHEN

Ice  
Blender/Food Processor/  
Immersion Blender

[www.homechef.com/3464](http://www.homechef.com/3464)

## 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

- Control smoothie sweetness by adding half the **honey**, blending, and adding more to taste.

## 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...*

*Native to Brazil and grown now in many warm-weather climates, passionfruit's distinctive sweet-tart flavor is a favorite in cocktails and dessert sauces.*



## Blend the Smoothie

Place **all ingredients** in blender. Blend on high 2 minutes. Add 2 cups **ice** and blend on high until smooth.



## Serve the Smoothie

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