



### In your box

- 4 oz. Greek Yogurt
- 1 Orange
- 10 oz. Frozen Sliced Strawberries
- 4 fl. oz. Orange Juice

If using fresh produce, thoroughly rinse and pat dry

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### Blend The Smoothie

- Peel **orange** and separate into sections, removing any visible seeds.
- Place **all ingredients** in a blender and blend, 3-4 minutes.
- Add 2 cups **ice** and blend until smooth, 3-4 minutes.
- Pour into two glasses and enjoy!

Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



## Strawberry Orange Smoothie

with Greek yogurt

**NUTRITION** per serving Calories: 159, Carbohydrates: 29g, Fat: 3g, Protein: 6g, Sodium: 43mg.

CONTAINS milk

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.