



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



Frutti Tutti Smoothie

with strawberry, orange, and pineapple

In your box

- 1 Orange
- 8 oz. Frozen Sliced Strawberries
- 6 fl. oz. Pineapple Juice
- 4 oz. Greek Yogurt

Prepare the Orange

- Thoroughly rinse produce and pat dry.
- If desired, zest **orange**. Then peel orange and separate into segments.
- *Only zest the outer part. This outer part contains flavorful oils, while the white pith underneath is bitter.*

Blend the Smoothie

- Place **orange segments, orange zest, all other ingredients**, and 2½ cups **ice** in a blender.
- Blend until smooth, 3-5 minutes.
- Pour into two glasses and serve immediately.

NUTRITION per serving Calories: 174, Carbohydrates: 32g, Fat: 3g, Protein: 5g, Sodium: 40mg.

CONTAINS milk

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