



In your box

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

CONTAINS milk

Smoothie (Blender Required)

Pineapple Powwow Smoothie

with orange and yogurt

NUTRITION per serving—Calories: 171, Carbohydrates: 32g, Fat: 3g, Protein: 4g, Sodium: 38mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
5-10 min.

Cook Within
7 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy



You will need

Ice

Blender/Food Processor/Immersion Blender

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



1

Prepare the Orange

- Peel **orange** and separate into sections.



2

Blend the Smoothie

- Place **all ingredients** and 2 cups **ice** in a blender.
- Blend until smooth, 3-5 minutes.
- Pour **smoothie** into two glasses and enjoy!