



### In your box

8 oz. Sliced Strawberries  
5.4 fl. oz. Coconut Milk  
4 oz. Greek Yogurt  
1 oz. Chocolate Syrup

If using fresh produce or fruit, thoroughly rinse and pat dry

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### Blend the Smoothie

- Don't worry if coconut milk has solidified. It is part of natural processes.
  - Place **all ingredients** in a blender. Blend on high, 3-4 minutes.
  - Add 2 cups **ice** and blend again until smooth, 3-4 minutes.
  - Pour **smoothie** into two glasses and enjoy!
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Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



## Chocolate Strawberry Coconut Smoothie

with Greek yogurt

NUTRITION per serving Calories: 274, Carbohydrates: 23g, Fat: 19g, Protein: 6g, Sodium: 50mg.

CONTAINS milk, tree nuts (coconuts)

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