




NUTRITION *per serving* 36g carbohydrates 4g fat 7g protein 103mg sodium | CONTAINS dairy, nuts | vegetarian

 Calories
198

 Prep & Cook Time
5-10 min.

 Cook Within
7 days

 Difficulty
Easy

 Spice Level
Not Spicy



SMOOTHIE (BLENDER REQUIRED)

Mai Tai Smoothie

with maraschino cherries

IN YOUR BOX

1 Navel Orange
1 Lime
8 Maraschino Cherries
8 fl. oz. Vanilla Almond Milk
5.3 oz. Lime Greek Yogurt

IN YOUR KITCHEN

Ice
Blender/Food Processor/
Immersion Blender

www.homechef.com/3984

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

WHILE YOU COOK

- Presentation is everything! Save a couple **cherries** and **lime rounds** for garnishing glasses.

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...

There were rival claims as to who invented the mai tai. Victor J. Bergeron claimed to have invented it at his restaurant Trader Vic's in 1944. Don the Beachcomber (we're pretty sure that wasn't his real name) also claimed to have invented it, in his self-named bar in 1933.



Prepare the Ingredients

Peel **orange** and cut into chunks. Cut two rounds from **lime** and juice remaining.



Blend the Smoothie

Set aside two **cherries** for garnish along with **lime rounds**. Blend remaining **ingredients**, along with 2 cups **ice**, until smooth, 1-2 minutes.



Drink Up!

Pour smoothie into two glasses, garnish with reserved **cherries** and **lime rounds**, and enjoy!