



NUTRITION per serving 52g carbohydrates 5g fat 5g protein 144mg sodium | vegetarian



Calories
275



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

¼ cup Graham Cracker Crumbs
8 oz. Frozen Blueberries
1.4 fl. oz. Breakfast Syrup
6 fl. oz. Pineapple Juice
4 oz. Greek Yogurt

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

IN YOUR KITCHEN

Ice
Blender/Food Processor/Immersion
Blender

www.homechef.com/4199



SMOOTHIE (BLENDER REQUIRED)

Violet Beauregarde Smoothie

with blueberries and pineapple

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!

WHILE YOU COOK

- **Heads Up!** Graham cracker crumbs are used twice. Half are added to **smoothie** and remaining garnish dish.

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...

Graham crackers today are a far cry from their health-oriented origins dating back to 1929. In fact, they were bland by design to discourage what inventor Sylvester Graham viewed as immoral desires brought on by rich, fatty foods.



Blend the Smoothie

Place **all ingredients** (reserve half the **graham cracker crumbs** for garnish), ¼ cup **water**, and 2 cups **ice** in a blender. Blend on high until smooth, 4-5 minutes.



Drink Up!

Pour **smoothie** into two glasses, garnish with reserved **graham crackers crumbs**, and enjoy!