



NUTRITION *per serving* 38g carbohydrates 6g fat 8g protein 68mg sodium | vegetarian



Calories
215



Prep & Cook Time
5-10 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

8 oz. Frozen Mangoes
6 fl. oz. Pineapple Juice
4 oz. Greek Yogurt
¼ cup Sweetened Flaked Coconut

CONTAINS: milk, tree nuts (coconuts)

Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

Ice
Blender/Food Processor/Immersion Blender

www.homechef.com/4202



SMOOTHIE (BLENDER REQUIRED)

Tropical Smoothie
with pineapple juice and mangoes

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

- ☐ Presentation is everything! Save a pinch of **coconut** 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...

Though many consider pineapple synonymous with Hawaii, the native Hawaiian word for it, “halakahiki,” means “foreign fruit.”



Blend the Smoothie

Place **all ingredients** (reserve a pinch of **coconut** for garnish) in a blender, along with 2 cups **ice** and ¼ cup **water**. Blend until smooth, 3-5 minutes.



Drink Up!

Pour **smoothie** into two glasses, garnish with reserved **coconut**, and enjoy!