




NUTRITION per serving 39g carbohydrates 100g fat 5g protein 71mg sodium | vegetarian

 Calories
344

 Prep & Cook Time
5-10 min.

 Cook Within
7 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

8 oz. Frozen Blueberries
5.6 fl. oz. Coconut Milk
5.3 oz. Vanilla Yogurt
1 oz. Honey
2 Tbsp. Sweetened Flaked Coconut

CONTAINS: milk, tree nuts (coconuts)

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/4203



SMOOTHIE (BLENDER REQUIRED)
Blueberry Coconut Smoothie
with vanilla yogurt

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 flakes** for garnishing smoothie.
- Control smoothie sweetness by adding half the **honey**, blending, and adding more to taste.

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...

In 2015, roughly 735 million pounds of blueberries were harvested in North America alone. Blueberries are packed full of antioxidants, which is one of the many reasons demand has increased significantly over the past 20 years.



Blend the Smoothie

Place **all ingredients** (reserve a pinch of **coconut flakes** for garnish) plus ½ cup **water** and 2 cups **ice** in a blender. Blend until smooth, 3-4 minutes.



Drink Up!

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