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

SMOOTHIE (BLENDER REQUIRED)
Blueberry Coconut Smoothie
with vanilla yogurt

NUTRITION per serving
39g carbohydrates
10g fat
5g protein
71mg sodium
vegetarian

Calories 344
Prep & Cook Time 5-10 min.
Cook Within 7 days
Difficulty Easy
Spice Level Not Spicy

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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!