Copacabana Smoothie
with orange and coconut

NUTRITION per serving—Calories: 364, Carbohydrates: 44g, Fat: 20, Protein: 6g, Sodium: 49mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

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

In your box
1 Navel Orange
8 oz. Frozen Pineapple
6 fl. oz. Pineapple Juice
5.4 fl. oz. Coconut Milk
4 oz. Greek Yogurt
½ oz. Honey

CONTAINS milk, tree nuts (coconuts)
You will need
- Ice
- Blender/Food Processor/Immersion Blender

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

1. Prepare the Orange
   - Peel orange and quarter.

2. Blend the Smoothie
   - Place all ingredients plus 2 cups ice in a blender and blend until smooth, 2-4 minutes.
   - Pour smoothie into two glasses and enjoy!