



### 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)



SMOOTHIE (Blender Required)

## 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**

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## 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!