



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



## Cranberry Orange Dream Smoothie

with honey and Greek yogurt

### In your box

- 1 Navel Orange
- 6 oz. Frozen Pineapple
- 4 oz. Whole Berry Cranberry Sauce, Canned
- 4 oz. Greek Yogurt
- 4 fl. oz. Orange Juice
- 1 fl. oz. Honey

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### Prepare the Ingredients

- Zest **orange**, peel, and separate into sections. *Zest only if using a zester or a microplane. The thin top layer of skin contains flavor; the white pith below is bitter.*

### Blend the Smoothie

- Place **all ingredients** in a blender and blend until smooth, 2-3 minutes.
- Add 2 cups **ice**. Blend on high until smooth, 2-3 minutes.
- Pour **smoothie** into two glasses and enjoy!

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NUTRITION per serving Calories: 291, Carbohydrates: 62g, Fat: 3g, Protein: 6g, Sodium: 49mg.  
CONTAINS milk

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.