Cranberry Orange Dream Smoothie
with honey and Greek yogurt

5-10 min. Easy Not Spicy

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

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

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

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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