Pineapple Lemon Drop Smoothie
with Greek yogurt

NUTRITION per serving—Calories: 199, Carbohydrates: 40g, Fat: 3g, Protein: 5g, Sodium: 38mg.
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 Lemon  
4 oz. Greek Yogurt  
½ oz. Honey  
10 oz. Frozen Pineapple  
6 fl. oz. Pineapple Juice

CONTAINS milk
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!

Prepare the Ingredients

- Zest lemon, halve, and juice. Use zest only if using a zester or a microplane.
- Want to get the most juice out of your lemon? Before cutting, we recommend microwave lemon 15-20 seconds to “soften” the fruit. Then, gently roll the softened fruit on your work surface while pressing on it with your palm. Finally, place a cut half in between the arms of a pair of tongs to make squeezing much easier.

Blend the Smoothie

- Place all ingredients (including 1 Tbsp. lemon juice) in a blender. Blend until smooth.
- Add 2 cups ice and blend again until smooth, 2-4 minutes.
- Pour smoothie into two glasses and enjoy!

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