



### In your box

- 1 Lemon
- 4 oz. Greek Yogurt
- ½ oz. Honey
- 10 oz. Frozen Pineapple
- 6 fl. oz. Pineapple Juice

CONTAINS milk



Smoothie (Blender Required)

## 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**

## 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 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.*



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### 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!