



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



Blue Hawaii Smoothie

with blueberries and pineapple

In your box

6 oz. Frozen Pineapple
4 oz. Frozen Blueberries
6 fl. oz. Pineapple Juice
4 oz. Greek Yogurt
1 fl. oz. Honey

Blend the Smoothie

- Place **all ingredients** in a blender and blend, 3-4 minutes.
 - Add 2 cups **ice** and blend on high until smooth, 3-4 minutes.
 - Pour **smoothie** into two glasses and enjoy!
-

NUTRITION per serving Calories: 221, Carbohydrates: 43g, Fat: 3g, Protein: 5g, Sodium: 38mg.

CONTAINS milk

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