



In your box

1 Granny Smith Apple
.125 oz. Mint
10 oz. Frozen Mangoes
4 oz. Greek Yogurt
6 fl. oz. Pineapple Juice

CONTAINS milk

Smoothie (Blender Required)

Mojito Mint Smoothie

with Greek yogurt

NUTRITION per serving—Calories: 237, Carbohydrates: 49g, Fat: 3g, Protein: 4g, Sodium: 39mg.
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!

- ☐ Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Quarter **apple** and remove core.
- Stem **mint**.



2

Finish the Smoothie

- Place **all ingredients** in blender. Blend on high, 5 minutes.
- Add 2 cups **ice** and blend until smooth.
- Pour into two glasses and enjoy!