



In your box

10 oz. Frozen Blueberries
8 fl. oz. Vanilla Almond Milk
4 oz. Greek Yogurt
1 ½ oz. Apricot Preserves

CONTAINS milk, tree nuts (almonds)

Smoothie (Blender Required)

Blueberry Apricot Smoothie

with Greek yogurt

NUTRITION per serving—Calories: 215, Carbohydrates: 40g, Fat: 5g, Protein: 5g, Sodium: 96mg.
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

Blend the Smoothie

- Place **all ingredients** in a blender and blend until smooth.
- Add 2 cups **ice**. Blend on high until smooth, 3-4 minutes.



2

Drink Up!

- Pour **smoothie** into two glasses and enjoy!