



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



## Cranberry-Pineapple Smoothie

with Greek yogurt

### In your box

10 oz. Frozen Pineapple  
6 fl. oz. Pineapple Juice  
4 oz. Greek Yogurt  
4 oz. Whole Berry Cranberry Sauce  
1 fl. oz. Honey

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### Blend The Smoothie

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

### Drink Up!

- Pour **smoothie** into two glasses and enjoy!
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**NUTRITION** per serving Calories: 310, Carbohydrates: 66g, Fat: 3g, Protein: 5g, Sodium: 46mg  
**CONTAINS** milk

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