



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



## Groovy Ruby Smoothie

with blueberries and raspberries

### In your box

- 2 oz. Frozen Blueberries
  - 2 oz. Frozen Raspberries
  - 6 oz. Frozen Sliced Strawberries
  - 4 oz. Greek Yogurt
  - 2 tsp. Sugar
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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: 118, Carbohydrates: 19g, Fat: 3g, Protein: 4g, Sodium: 34mg.

CONTAINS milk

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