



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



SMOOTHIE (Blender Required)

French Toast Smoothie with blueberries

In your box

8 oz. Frozen Blueberries
8 fl. oz. Vanilla Almond Milk
4 oz. Greek Yogurt
2 oz. Cinnamon Toast Crunch

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: 263, Carbohydrates: 45g,
Fat: 8g, Protein: 6g, Sodium: 269mg.
CONTAINS milk, wheat, soy, tree nuts (almonds)

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