



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



SMOOTHIE (Blender Required)

Pineapple Basil Smoothie

with Greek yogurt

In your box

- ¼ oz. Basil
 - 10 oz. Frozen Pineapple
 - 8 fl. oz. Vanilla Almond Milk
 - 4 oz. Greek Yogurt
 - ½ oz. Honey
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Blend the Smoothie

- Thoroughly rinse **basil** and pat dry. Stem basil, reserving a few pieces for garnish.
- Place **all remaining 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, garnish with reserved **basil**, and enjoy!
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NUTRITION per serving Calories: 189, Carbohydrates: 34g, Fat: 4g, Protein: 6g, Sodium: 108mg
CONTAINS milk, tree nuts (almonds)

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