



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



Smoothie (Blender Required)

Lookin' Pineapple Smoothie

with ginger and Greek yogurt

In your box

- 6 fl. oz. Pineapple Juice
- 1 Navel Orange
- 4 oz. Greek Yogurt
- ½ fl. oz. Honey
- 8 oz. Frozen Pineapple
- 1 Tbsp. Chopped Ginger

Blend The Smoothie

- Peel **orange** and separate into sections.
- Add all **ingredients** (add **ginger** to taste) to blender. Blend until smooth, 3-4 minutes.
- Add 2 cups **ice** and blend again until smooth, 3-4 minutes.
- Pour into two glasses and enjoy!

NUTRITION per serving Calories: 223, Carbohydrates: 44g, Fat: 3g, Protein: 6g, Sodium: 39mg
CONTAINS milk

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