



### In your box

8 oz. Frozen Pineapple  
1 Navel Orange  
½ fl. oz. Honey  
4 oz. Greek Yogurt  
6 fl. oz. Pineapple Juice  
5.4 fl. oz. Coconut Milk

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### Make the Smoothie

- Peel **orange** and separate into sections.
  - Place **all ingredients** in a blender and blend, 3-4 minutes.
  - Add 2 cups **ice** and blend until smooth, 3-4 minutes.
  - Pour into two glasses and enjoy!
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Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



## Hawaiian Dream Smoothie

with coconut milk

**NUTRITION** per serving Calories: 367, Carbohydrates: 45g, Fat: 19g, Protein: 7g, Sodium: 48mg.

CONTAINS milk, tree nuts (coconuts)

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