



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



Caribbean Queen Smoothie

with pineapple and mangoes

In your box

- 5 oz. Frozen Pineapple
- 2 fl. oz. Passion Fruit Puree
- 4 oz. Greek Yogurt
- 5 oz. Frozen Mangoes

If using fresh produce, thoroughly rinse and pat dry

Blend the Smoothie

- 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!

NUTRITION per serving Calories: 241, Carbohydrates: 50g, Fat: 3g, Protein: 5g, Sodium: 78mg.

CONTAINS milk

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.
*Nutrition & allergen information may vary by protein.
Please review protein and meal labels for details.