



In your box

- 1 Bartlett Pear
 - 4 oz. Greek Yogurt
 - 6 oz. Frozen Pineapple
 - 1 fl. oz. Honey
 - 6 fl. oz. Pineapple Juice
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Make the Smoothie

- Quarter **pear**, core, and coarsely chop.
 - 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**



Pineapple Pear Smoothie

with honey and greek yogurt

NUTRITION per serving Calories: 243, Carbohydrates: 49g, Fat: 3g, Protein: 5g, Sodium: 38mg.

CONTAINS milk

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