



In your box

- 4 oz. Greek Yogurt
- 1 Orange
- 4 fl. oz. Orange Juice
- 10 oz. Frozen Sliced Strawberries

If using fresh produce, thoroughly rinse and pat dry

Make The Smoothie

- Peel orange and separate into sections, removing any visible seeds.
- 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!

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



Smoothie

Strawberry Orange Smoothie

with Greek yogurt

NUTRITION per serving Calories: 110, Carbohydrates: 53g, Fat: 3g, Protein: 6g, Sodium: 41mg.

CONTAINS milk

Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information. Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.