



In your box

- 1 ½ fl. oz. Honey
- 8 oz. Frozen Mangoes
- 4 oz. Greek Yogurt
- 6 fl. oz. Pineapple Juice
- 1 Orange

If using fresh produce, thoroughly rinse and pat dry

Make the Smoothie

- Peel **orange** and separate flesh into quarters. Discard orange peel.
- Place remaining **ingredients** and **honey** (to taste) into a blender. Blend until smooth, 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

Mango Tango Smoothie

with pineapple, orange, yogurt, and honey

NUTRITION per serving Calories: 278, Carbohydrates: 57g, Fat: 3g, Protein: 6g, Sodium: 39mg.

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.