



Blueberry and Peanut Butter Smoothie Kit

with Low Fat Natural Yoghurt

Breakfast 5-10 Minutes • 1 of your 5 a day • Veggie

25A

Find all your unchilled Market items in bag A.



Blueberries



Low Fat Natural Yoghurt



Peanut Butter

Pantry Items
Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Blender.

Ingredients

Ingredients	Quantity
Blueberries**	250g
Low Fat Natural Yoghurt** 7)	300g
Peanut Butter 1)	120g

Pantry	Quantity
Honey*	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	365g	100g
Energy (kJ/kcal)	2794 /668	766 /183
Fat (g)	36.1	9.9
Sat. Fat (g)	7.7	2.1
Carbohydrate (g)	59.1	16.2
Sugars (g)	48.0	13.1
Protein (g)	27.3	7.5
Salt (g)	0.30	0.08

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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1



2



3



Into the Blender it Goes

a) Pop the **blueberries**, **natural yoghurt** and **peanut butter** into your blender.

b) Blend until smooth, 1-2 mins, or until the **smoothie** is the consistency you like.

Taste and Adjust

a) If you like your **smoothie** a little sweeter, add **honey** to taste (see pantry for recommended amount).

b) To make your **smoothie** colder and thicker, add a few **ice cubes** and blend until smooth.

Serve up your Smoothie

a) Divide your **smoothie** between 2 glasses to finish.

Enjoy!