



Super Green Smoothie Kit

with Avocado, Kiwi, Cucumber & Lime

Breakfast 5-10 Minutes • 3 of your 5 a day • Veggie

8A

Find all your unchilled Market items in bag A.



Avocado



Cucumber



Kiwi



Lime



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
Avocado	1
Cucumber**	1
Kiwi**	3
Lime**	1

Pantry	Quantity
Water*	150ml
Honey*	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	1567 /375	304 /73
Fat (g)	16.3	3.2
Sat. Fat (g)	3.3	0.6
Carbohydrate (g)	54.5	10.6
Sugars (g)	49.4	9.6
Protein (g)	4.7	0.9
Salt (g)	0.01	0.00

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

Allergens

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



Prep Time

- Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh into your blender.
- Trim the **cucumber**, then halve lengthways. Chop into 5cm long pieces and pop into the blender.
- Peel the **kiwis** and cut into large chunks, then add to the blender.
- Juice the **lime** into the blender.

Blend and Adjust

- Add **150ml water** to the blender and blend until smooth, 1-2 mins, or until the **smoothie** is the consistency you like.
- If you like your **smoothie** a little sweeter, add **honey** to taste (see pantry for recommended amount).
- To make your **smoothie** colder and thicker, add a few **ice cubes** and blend until smooth.

Pour and Serve

- Pour your **smoothie** into 2 glasses to finish.

Enjoy!