



Blueberry and Pineapple Smoothie Kit

with Low Fat Natural Yoghurt, Lemon and Avocado

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

9A

Find all your unchilled Market items in bag A.



Avocado



Lemon



Blueberries



Low Fat Natural Yoghurt



Pineapple Rings

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	2
Lemon**	1
Blueberries**	250g
Low Fat Natural Yoghurt** 7)	150g
Pineapple Rings	1 tin

Pantry	Quantity
Honey*	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2394 /572	471 /113
Fat (g)	31.1	6.1
Sat. Fat (g)	7.1	1.4
Carbohydrate (g)	64.7	12.7
Sugars (g)	52.3	10.3
Protein (g)	8.8	1.7
Salt (g)	0.31	0.06

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

Allergens

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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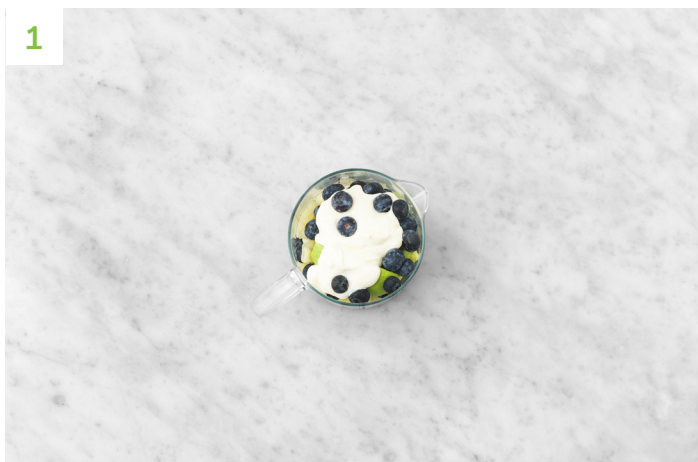
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1



2



3



Prep your Smoothie

a) Halve the **avocados** and remove the stones. Use a tablespoon to scoop the flesh into your blender.

b) Juice the **lemon** into the blender.

c) Add the **blueberries, low fat natural yoghurt, pineapple rings** and the **pineapple juice** from the tin into the blender.

Blend it Your Way

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

TIP: Add a splash of water or fruit juice for a looser consistency.

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

c) 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. **TIP:** Your smoothies are best enjoyed freshly made.

Enjoy!