

RECIPES FOR THE ROAD — SPRING SERIES

# FLORIDA BLUEBERRY AND SPINACH SMOOTHIE

## INGREDIENTS (SERVES 1)

- 1 cup Florida blueberries
- 1 cup Florida spinach, packed
- 2 tablespoons Florida peanuts, or 1 tablespoon peanut butter
- 1 teaspoon Florida honey, plus more to taste
- 1 cup low fat, plain Greek yogurt
- 1 teaspoon natural vanilla
- 2 cups ice
- 1 sprig of mint for garnish

## PREPARATION

Place all ingredients in a blender with a tight-fitting lid. Blend all ingredients until smooth. Taste smoothie and adjust sweetness with Florida honey, as needed. Garnish with fresh mint and blueberries.

RECIPE CREATED BY:  
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**CHOOSE LOCAL AND LOOK FOR THE FRESH FROM FLORIDA LOGO → WHEN BUYING INGREDIENTS.**



8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference!

# RECIPE FOR SAFE DRIVING

## INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

## PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



### NEED INGREDIENTS?

Scan here for a list of custom "do not disturb" messages and chill playlists.



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