

Carrot Citrus Mimosas

This refreshing and bright cocktail made with carrots is a fun, nutrient-filled twist on the traditional brunch favorite!

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

3/4 cup (~2 small)	Carrots, peeled, roughly chopped
1 1/2 cups	Orange Juice, fresh squeezed or store-bought
1 cup	Water
1 tsp	Lemon Juice, freshly squeezed
1/2 cup	Ice
1 cup	Champagne/Sparkling Wine of your choice or Seltzer Water, any variety, unsweetened

CHEF'S NOTES

Mix it up: this recipe can be made with other fruit juice and vegetables such as mango, pineapple, spinach, or beet in place of the carrot or orange juice.

You can add even more flavor and nutrients to this drink by adding fresh ginger, turmeric, or mint!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a high-speed blender, combine the carrot, orange juice, water, and ice. Blend until liquid is an extremely smooth consistency.
3. Pour ¾ cup of the juice mixture into each glass and top with ¼ cup of sparkling wine or water.

Optional step: To reduce the amount of pulp in your mimosa, you can pass the carrot orange juice mixture through a fine mesh strainer.

Made with Seltzer Water

Made with Sparkling Wine or Champagne

Nutrition Facts

4 servings per container

Serving Size 8 oz (318 g)

Amount per serving

Calories 50

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber less than 1g 2%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.07mg 0%

Potassium 200mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

4 servings per container

Serving Size 8 oz (315 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 0%

Total Carbohydrate 13g 5%

Dietary Fiber less than 1g 2%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.07mg 0%

Potassium 200mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

