

# Tropical Carrot Smoothie



*This simple carrot and fruit smoothie is bursting with tropical flavors and is full of nutrients...healthy never tasted so good!*

YEILD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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## INGREDIENTS

1 ½ cups	Unsweetened Almond/Soy/Oat Milk or Low-Fat (1%) Milk
½ cup	Carrots, fresh or frozen, peeled and cubed OR Butternut Squash, frozen, diced
1 cup	Mango, frozen, diced
2 medium	Bananas, over-ripe, frozen
½ tsp	Ginger, fresh, peeled and grated or minced (optional)

## CHEFS NOTES

Smoothies are a delicious way to sneak extra veggies into your day. In this recipe, we use carrots but you can also use frozen, diced butternut squash. Keeping your freezer stocked with frozen fruits and vegetables means you can have a nutrient packed smoothie any time.

Packing your smoothie with whole fruit (as opposed to juice) ensures you are relying on only natural sugars for sweetness. Plus, you have the fiber to balance out the sugar content.

This recipe is also a great way to use those left-over peeled baby carrots before they go bad in the back of your crisper drawer!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place all ingredients in a blender and blend on high until very smooth and creamy.
3. Serve immediately or store leftovers in a sealed jar or container with a tight-fitting lid in the fridge for up to 24 hours or in the freezer for longer.

Made with plain, unsweetened  
almond milk and carrots

## Nutrition Facts

4 servings per container

**Serving Size** 8 oz. smoothie (228 g)

**Amount per serving**

**Calories** 110

% Daily Value \*

**Total Fat 1g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 85mg** 4%

**Total Carbohydrate 25g** 9%

Dietary Fiber 3g 12%

Total Sugars 16g

Includes 0g Added Sugars 0%

**Protein 2g** 3%

Vitamin D 0mcg 0%

Calcium 180mg 14%

Iron 0.39mg 2%

Potassium 300mg 7%

\*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.

Made with plain, unsweetened  
almond milk and butternut squash

## Nutrition Facts

4 servings per container

**Serving Size** 8 oz. smoothie (253 g)

**Amount per serving**

**Calories** 120

% Daily Value \*

**Total Fat 1g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 65mg** 3%

**Total Carbohydrate 29g** 10%

Dietary Fiber 4g 13%

Total Sugars 15g

Includes 0g Added Sugars 0%

**Protein 2g** 4%

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 0.69mg 4%

Potassium 400mg 9%

\*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.

