

Good Morning Smoothie

This recipe is meant to be a full meal replacement smoothie. With all of the necessary components for a balanced breakfast, all you have to do is whip up this smoothie, and you are ready to go.

YIELD 1 SERVING	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

1 each	Large Orange, zested, peeled, and broken into segments
2 each	Large Carrots, peeled and cut into one-inch pieces
½ cup	Greek Yogurt, plain, nonfat
1 Tbsp	Flaxseed, ground
½ cup	Mango, frozen



CHEF'S NOTES

If you don't like mango, you can substitute for a different frozen fruit such as banana or pineapple.

Because this smoothie is made with carrots, it is rich in vitamin A which is important for our vision, cell growth, immune system, and skin health!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a blender, combine all the ingredients and blend on high speed until smooth and creamy. Add water, one 1 Tbsp at a time, as needed to reach the desired consistency.

Nutrition Facts

1 servings per container

Serving Size 20 oz (531 g)

Amount per serving

Calories 320

% Daily Value *

Total Fat 6g 7%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 140mg 6%

Total Carbohydrate 55g 20%

Dietary Fiber 12g 42%

Total Sugars 39g

Includes 0g Added Sugars 0%

Protein 17g 33%

Vitamin D 0mcg 0%

Calcium 260mg 20%

Iron 0.79mg 4%

Potassium 1100mg 23%

*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.

