

# Carrot Cake Smoothie

## (PKU-Friendly)



*This simple carrot and fruit smoothie serves the warm spiced flavor of carrot cake in a cold, creamy smoothie and is full of nutrients like fiber and Vitamin A... healthy never tasted so good!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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	PHE	Simplified PKU Protein
Serving	78mg	0g
Recipe	311mg	0g

### INGREDIENTS

1 cup	Carrots (about 4 medium = 8 oz.), cut into ½" rounds/pieces
1 cup	Frozen Mango (5 oz.)
½ cup	Frozen Cauliflower (4 oz.)
1 each	Bananas, very ripe, frozen, cut or broken into large chunks (4 oz.)
1 tsp	Granulated Sugar
1 tsp	Cinnamon, ground
¼ tsp	Nutmeg, ground
1 tsp	Vanilla Extract
1 ½ cup	Silk Pure Coconut Milk, original

### CHEF'S NOTES

Serving Size = 8 oz

Keeping your freezer stocked with frozen fruits and vegetables means you can have a nutrient packed smoothie any time. Some low-protein frozen vegetables to try adding to your smoothies include butternut squash and cauliflower.

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. Prepare all ingredients as described above.
2. Place the cut carrots into a microwave safe bowl and cover with a plate or lid. Microwave for 3 minutes until carrots are just tender. Transfer the steamed carrots to the refrigerator or set aside to cool until ready to use.
3. Once the carrots have cooled, place all ingredients in a large blender pitcher in the order listed above. Start the blender on low and gradually increase to high speed. Blend until smooth and creamy, about 30 seconds – 1 minute on high. If necessary, scrape down the sides to incorporate all ingredients.
4. 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.

# Nutrition Facts

4 servings per container

**Serving Size** 8 oz. smoothie (236 g)

Amount per serving

**Calories** 110

% Daily Value \*

**Total Fat 2g** 3%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 60mg** 3%

**Total Carbohydrate 23g** 8%

Dietary Fiber 4g 14%

Total Sugars 15g

Includes 0g Added Sugars 0%

**Protein 1.7g** 4%

Vitamin D 0mcg 0%

Calcium 30mg 3%

Iron 0.46mg 3%

Potassium 400mg 8%

\*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.

