

# Carrot Cake Smoothie



*This simple carrot and fruit smoothie elicits the warm spiced flavor of carrot cake 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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## INGREDIENTS

1 cup	Carrots, peeled, large dice (about 4 carrots)
1 cup	Mango, frozen, diced
2 medium	Bananas, over-ripe, frozen
1 tsp	Cinnamon
1 tsp	Vanilla Extract
1 ½ cups	Low-Fat (1%) Milk

## CHEF'S NOTES

Smoothies are a delicious way to sneak extra veggies into your day. Keeping your freezer stocked with frozen fruits and vegetables means you can have a nutrient packed smoothie any time. Some frozen vegetables to try adding to your smoothies include butternut squash, cauliflower, and chopped greens.

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!

Adding whole fruits to your smoothies (instead of using fruit juice) is a great way to add fiber which helps to balance out the natural sugar content.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place all ingredients in a blender in the order listed above 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.

# Nutrition Facts

2 servings per container

**Serving Size** 16 oz. smoothie (462 g)

Amount per serving

**Calories** 280

**% Daily Value \***

**Total Fat 2.5g** 3%

Saturated Fat 1.5g 7%

*Trans* Fat 0g

**Cholesterol 10mg** 3%

**Sodium 125mg** 5%

**Total Carbohydrate 60g** 22%

Dietary Fiber 7g 25%

Total Sugars 41g

Includes 0g Added Sugars 0%

**Protein 9g** 18%

Vitamin D 2mcg 11%

Calcium 270mg 21%

Iron 0.66mg 4%

Potassium 900mg 19%

\*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.

