

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!

YIELD 3 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 cup	Carrots, peeled, large dice (about 4 carrots)
2 Tbsp	Water
1 cup	Mango, frozen, diced
2 medium	Bananas, over-ripe, frozen
1 tsp	Cinnamon
1 tsp	Vanilla Extract
¼ tsp	Nutmeg
1½ 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 cut carrots into a microwave safe bowl with the water, and cover with a plate or lid. Microwave for 3 minutes until carrots are just tender. Transfer the steamed carrots to refrigerator or place to the side to cool until ready to use.
3. Once the carrots have cooled, place all ingredients in a blender in the order listed above. Start the blender on low and gradually increase to high speed. Blend until smooth and creamy.
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

3 servings per container

Serving size 12 oz (361g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 120mg 5%

Total Carbohydrate 45g 16%

Dietary Fiber 6g 21%

Total Sugars 30g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 1.5mcg 8%

Calcium 200mg 15%

Iron 0.6mg 4%

Potassium 940mg 20%

* 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.

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