

TROPICAL CARROT SMOOTHIE



Serves: 4
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
95 kcal
0g Fats
24g Carbs
1g Protein



GF

DF

MP

V

Q

WHAT YOU NEED

- 1 cup (240ml) carrot juice
- 1 mango, peeled, chopped
- 1 cup (165g) pineapple, chopped
- 1 tsp. ginger, grated
- ¼ cup (60ml) coconut water

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice.