



Carrot & Orange Ginger Smoothie

Serves: 2 - Prep Time: 10 minutes

Ingredients

- 1 cup unsweetened plant milk, divided
- 1 teaspoon turmeric
- 4 small oranges, peeled and sectioned
- 1 teaspoon fresh minced ginger, roughly chopped
- 2 small carrots, roughly chopped
- 1 cup frozen pineapple

Directions

1. Add the ingredients to the blender in the order listed for easy blending, starting with $\frac{1}{2}$ cup of the plant milk.
2. Blend until smooth.
3. Add up to $\frac{1}{2}$ cup more plant milk to reach desired consistency.

If you do not have a high-powered blender, add the milk, turmeric, oranges, and ginger. Blend until smooth. Add the carrots and more milk if needed. Blend until smooth. Add the pineapples and then blend until smooth. If you do not have a high-powered blender and you add the pineapples before everything else is blended until smooth, the smoothie may end up warm or room temperature before the pineapples have a chance to break down and get smooth.

Nutrition Information: 1 serving:

Calories 171, 2 g fat 40 g carb (7.5 g fiber, 29 g sugar) 3 g protein



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