

Tropical Carrot Smoothie

Ingredients

- ✓ 1 cup (240ml) carrot juice
- ✓ 1 mango, peeled, chopped
- ✓ 1 cup (165g) pineapple, chopped
- ✓ 1 tsp. ginger, grated
- ✓ 1/4 cup (60ml) coconut water



Procedure

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

Serves 4

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	95	0	24	1