



Carrot Cake Smoothie

Ingredients:

1 cup chopped carrots (steamed and cooled if you do not have a high-power blender or to make extra smooth for kids)

1/2 cup frozen sliced banana

2 scoops of Natural PureNourish Protein Powder

1/2 cup cashew milk or unsweetened vanilla almond milk

1/4 cup frozen diced pineapple

2 tablespoons toasted walnuts

1 tablespoon flaked coconut (optional)

1/4 teaspoon cinnamon

Pinch nutmeg

For topping: Shredded carrots, coconut, crushed walnuts

INSTRUCTIONS:

Add all of the ingredients to your blender. Blend until smooth. Enjoy immediately, topped with additional shredded carrots, coconut, and/or crushed walnuts as desired.

