

# Orange Carrot Smoothie

*Swick*

Makes 1 large smoothies | Active Time: 5 minutes | Total Time: 5 minutes

## Chef's Notes

Nutrition: Calories 417; Fat 14g; Carbs 51g; Fiber 15g; Sugar 26g; Protein 28g; Cholesterol 4mg; Sodium 244mg; Vitamin A 11928IU; Vitamin C 117mg; Calcium 799mg; Iron 4mg

## Step 1: Method

- 1/2 cup Frozen Mango (47 grams) Blend all of the ingredients in a high-speed blender. Enjoy!
- 1 Navel Orange, peeled
- 1 Carrot, peeled and chopped
- 1 tbsp Ginger, fresh (5 grams)
- 1 cup Unsweetened Almond Milk (250 mL)
- 1/4 cup Vanilla Protein Powder (32 grams)
- 2 tbsp Chia Seeds (20 grams)
- 1 tbsp Ground Flax Seed (7 grams)