

# MANGO CARROT SMOOTHIE



## SERVES

1

## PREP & COOK TIME

5 min.

## DIFFICULTY



## INGREDIENTS

- 1 cup shredded carrots, fresh
- 1/2 cup frozen mango
- 1/4 cup orange juice
- 1/2 cup vanilla Greek yogurt
- 1/4 tsp. vanilla extract
- Ice
- Water

## INSTRUCTIONS

1. Combine all ingredients in a high-speed blender. Blend until smooth.
2. Check the consistency. If you prefer your smoothie thicker, add more ice. If you prefer your smoothie thinner, add more water.
3. Enjoy immediately.

## HEALTHY TIP

**If you don't have fresh carrots on hand, you can swap them out for frozen!**