



Creamsicle Smoothie

Adding vegetables to smoothies is a great way to boost vitamins, minerals and fiber while keeping the great taste!

U.S.

6 oz	Baby carrots
1 cup	Lowfat, 1% milk
1 1/2 scoop	Whey protein, vanilla
1/2 cup	Lowfat yogurt
1 1/2 cup	Frozen pineapple, chunks
1 each	Banana, frozen, large

Metric

Preparation:

1. Soak carrots in water for 1-2 hours or overnight.
2. Gather all ingredients.
3. Place all ingredients in large blender. Blend until smooth.

Nutrition Facts

Serving size	1 cup
Servings	4
Calories	160
Calories from Fat	15
Total Fat	1.5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	15 mg
Sodium	85 mg
Carbohydrates	24 g
Dietary Fiber	3 g
Sugars	17 g
Protein	14 g
Vitamin A	120 %
Calcium	15 %
Vitamin C	60 %
Iron	4 %
Phosphorus	124 mg
