



# apple, carrot & ginger smoothie

This vitamin-packed apple, carrot and ginger smoothie, the perfect combination of sweet and slightly spicy, will fill you up and power you through the day.

SERVES: 1

## ingredients

- ½ cup apple juice
- 2 large carrots, peeled and chopped
- ¼ cup applesauce
- ¼ tsp finely grated fresh ginger
- 1/8 tsp ground cinnamon
- 1/8 tsp kosher salt
- 4-6 ice cubes

## directions

1. Place apple juice, carrots, applesauce, ginger, cinnamon, salt and ice cubes in a blender.
2. Blend for 30-60 seconds until well combined. Pour into a tall glass and serve immediately.



julie albert & lisa gnat

