

CARROT CAKE SMOOTHIE

SERVES: 1

PREP TIME: 5 MINUTES



INGREDIENTS:

- 1 frozen banana
- ½ cup carrots (about 1 medium carrot)
- 1 cup oat or soy milk (unsweetened or vanilla)
- 1 tablespoon peanut butter (smooth or crunchy)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
(optional, for extra carrot cake flavor)
- 1 teaspoon maple syrup (optional, for sweetness)
- 1 tablespoon rolled oats (optional, for a thicker smoothie)
- Handful of ice cubes (optional, for a colder smoothie)

DIRECTIONS:

Combine: In a blender, combine the banana, grated carrots, oat milk, peanut butter, cinnamon, nutmeg (if using), and maple syrup (if desired). Add rolled oats for extra thickness and ice cubes for a colder smoothie, if you prefer.



Blend Until Smooth: Blend on high speed until smooth and creamy.

Serve: Pour into a glass, sprinkle with a pinch of cinnamon on top, and enjoy immediately!