

# Carrot Cake Smoothie

The Featured Smoothie this month is the Carrot Cake Smoothie! Believe me it tastes better than the ingredients sound. As an extra bonus this month, every Carrot Cake Smoothie purchased in November will automatically donate \$0.50 to Second Harvest Food Bank of Southern Wisconsin to help supply healthy meals to those in need! Stay tuned this month for more ways to benefit SHFB!

Most of us have tried the Prairie Ridge Health Famous Carrot Cake, and Indulge from time to time, but did you know that a small slice of that cake has 544 calories, 43 grams of fat (including an entire day's worth of saturated fat) and 25 grams of ADDED sugar (that is over 6 teaspoons).

So in honor, of American Diabetes Month, the dietitians and culinary team took on capturing the taste of this delicious carrot cake, but in a healthier way!

This smoothie packs 2 full cups of veggies – that's right – no fruit is in this smoothie, and it tastes like fall in a glass with the warming spices of cinnamon and nutmeg and the complex flavor of walnuts.

This smoothie provides more than 9 grams of fiber, 10 grams of heart healthy unsaturated fatty acids, 11 grams of protein per serving, making it a very filling and nutrient dense smoothie. To add a touch of sweetness, unsweetened applesauce, vanilla extract, vanilla soy milk and vanilla yogurt are added to the mix!

Most fruit-based smoothies end up having over 80 grams of carbohydrate, so this veggie-based smoothie slashes that in half! And is an easy way to get your pickiest of eaters to eat more veggies!

## Ingredients

1 ½ cup shredded carrot  
½ cup fresh or frozen zucchini  
2 T unsweetened applesauce  
½ cup vanilla soy milk  
2 T chopped walnuts  
½ cup vanilla low fat yogurt  
1 t cinnamon  
¼ t nutmeg  
1 t vanilla extract

## Directions

1. Add all ingredients into blender, cover and puree until smooth.
2. Enjoy!

## Yields - 1 Serving

Calories: 304  
Sodium: 240 mg

Protein: 11 g  
Fiber: 9 g

Carb: 43 g

Fat: 11 g

