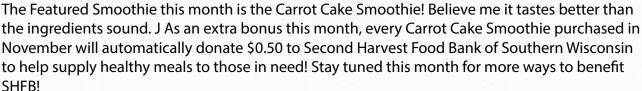


## Carrot Cake Smoothie



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

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Calories: 304 Pr Sodium: 240 mg Fi

Yields - 1 Serving

Protein: 11 g Fiber: 9 g

## Directions

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

Carb: 43 g Fat: 11 g