

Tropical Carrot Smoothie

Ingredients

- ½ cup frozen strawberries
- ½ cup frozen mango
- ½ cup pineapple chunks
- ½ cup sliced carrots
- ½ an orange
- 1 Tablespoon honey
- ½ cup coconut water

Directions

1. Add all ingredients into blender, puree until smooth.
2. Serve immediately or freeze for later. Enjoy!

Yields - 16 oz.

Calories: 272
Sodium: 172 mg

Fat: 1.0 g
Fiber: 8.7 g

Protein: 3.6 g

Carb: 69 g

