

CARROT SMOOTHIE



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

Program Online

Location:

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Enjoy this bright, nutrient-rich smoothie for a delicious and refreshing way to fuel your day!

Ingredients

- 2 cups (500 mL) orange juice
- 1 large carrot, thinly sliced
- 1 cup (250 mL or 140 g) frozen mango chunks
- 1 cup (250 mL or 140 g) frozen pineapple chunks
- 1 banana, fresh or frozen, cut into slices
- ½ cup (125 mL) vanilla yogurt

Preparation

1. Add all of the ingredients to a blender, taking care to seal the lid tightly.
2. Blend on high speed for a few minutes, until fully blended and smooth.
3. Pour into your favourite glass and serve.
4. Enjoy!

Yield: Five regular glass-sized servings.