



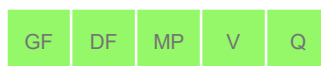
Tropical Carrot Smoothie

Serves 4

- 1 cup (240ml) carrot juice
- 1 mango, peeled, chopped
- 1 cup (165g) pineapple, chopped
- 1 tsp. ginger, grated
- ¼ cup (60ml) coconut water

What you need to do

1. Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	95	0	24	1

*Nutrition per serving