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11901 Samuel, Garden Grove, CA 92840-2546

Carrot Smoothie

Prep Time: 10 mins

Cook Time: 15 mins

Rest Time: 10 mins

Total Time: 25 mins

Ingredients

- ➢ 1 cup(s) carrot(s), sliced
- ➢ 1 cup(s) orange juice
- ➢ 1 1/2 cup(s) ice cubes
- ➢ 1/2 teaspoon orange peel, finely shredded

Preparation

1. In a covered small saucepan, cook carrots in a small amount of boiling water about 15 minutes or until very tender. Drain well. Cool.

2. Place drained carrots in a blender. Add finely shredded orange peel and orange juice. Cover and blend until smooth. Add ice cubes; cover and blend until smooth. Pour into glasses. If desired, garnish with orange peel curls.