



Visiting Nurse Association
of Northern New Jersey

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Carrot, Apple & Ginger Smoothie

Makes 2 servings. Recipe from eatingwell.com.

Ingredients

- 2 large carrots, sliced (about 1 1/2 cups)
- 1 medium-ripe banana
- 1 large Honeycrisp apple, cored and quartered
- 1 cup light coconut milk
- 2 tablespoons fresh lemon juice
- 2 teaspoons minced fresh ginger
- 2 teaspoons minced fresh turmeric or
- 1 teaspoon ground turmeric
- 1/2 cup ice cubes

Nutritional info

Calories	243
Total Fat	8g
Sodium	92mg
Total Carbohydrates	46g
Fiber	6g
Protein	4g
Vitamin A	16669IU

Directions

1. Combine carrots, banana, apple, coconut milk, lemon juice, ginger and turmeric in a blender.
2. Process until smooth, about 45 seconds. Add ice cubes and process until smooth, about 30 seconds.
3. Serve immediately.