

Carrot Cake Smoothie

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Food Network Magazine - January/February 2021

*1 1/2 cups (about three)0
grated carrots
1/2 cup frozen banana
slices
1/2 cup cottage cheese
1/4 cup unsweetened
vanilla almond milk
2 tablespoons maple syrup
1/2 teaspoon vanilla
1/4 teaspoon cinnamon
pinch nutmeg
1 cup ice
cinnamon (for garnish)*

In a blender, combine the carrots, banana slices, cottage cheese, almond milk, maple syrup, vanilla, cinnamon, nutmeg and ice. Blend until smooth.

Pour into a glass.

Garnish with a sprinkle of cinnamon.

Per Serving (excluding unknown items): 252 Calories; 2g Fat (8.7% calories from fat); 16g Protein; 41g Carbohydrate; 3g Dietary Fiber; 9mg Cholesterol; 501mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fat; 2 Other Carbohydrates.