

Beverages

Carrot-Apple-Ginger Smoothies

Rachael Ray

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Servings: 4

2 cups ice

1 cup carrot juice

3/4 cup apple juice

1/2 cup plain yogurt

1/2 teaspoon fresh ginger, grated

In a blender, puree' the ice, carrot juice, apple juice, yogurt and ginger until smooth.

Divide among the glasses.

Per Serving (excluding unknown items): 64 Calories; 1g Fat (15.4% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 36mg Sodium. Exchanges: 1 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.