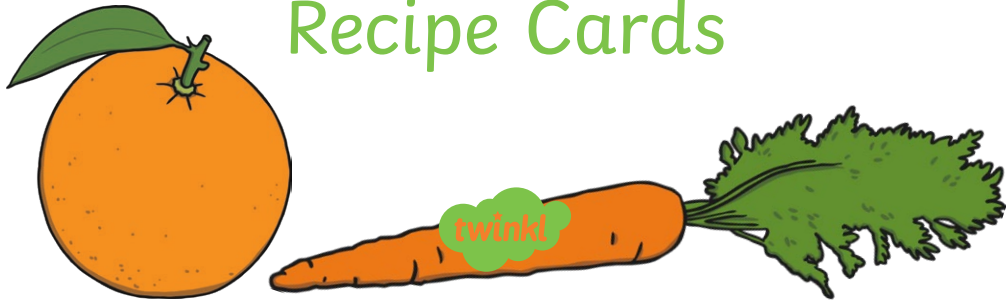


Orange and Carrot Smoothie

Recipe Cards



Orange and Carrot Smoothie Recipe Cards

Ingredients

1 orange

1 banana

170g shredded carrots

180ml apple juice

3-4 ice cubes (optional)



Orange and Carrot Smoothie Recipe Cards

Equipment

Blender

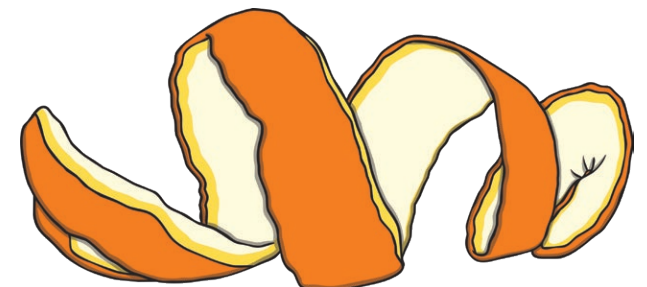
Tip:

To make it a little bit sweeter, you could add sugar or honey.



Orange and Carrot Smoothie Recipe Cards

1. Peel the banana and orange.



Orange and Carrot Smoothie Recipe Cards

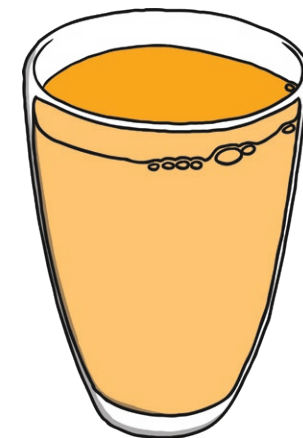
2. Place the orange and the banana in the blender with all of the other ingredients.



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Orange and Carrot Smoothie Recipe Cards

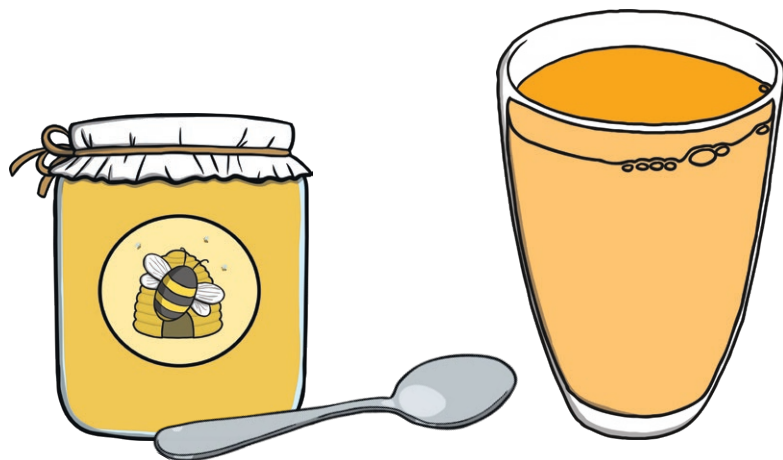
3. Blend until smooth.



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4. If you do choose to sweeten the smoothie, add sugar or honey and blend again. Enjoy!



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