

Carrot Cake Smoothie Bowl

Ingredients

- 1 cup chopped greens (spinach, kale, romaine)
- 1 cup unsweetened coconut milk (or nut milk of your choice)
- 2 cups chopped raw carrots
- 1 cup chopped pineapple
- 1 banana
- 2 clementines, peeled
- 1/2 teaspoon vanilla extract
- pinch of ground cinnamon and nutmeg



Instructions

1. Blend greens and nut milk until fully combined
2. Add remaining ingredients and blend until smooth
3. Optional Toppings of pistachios and toasted coconut

Nutrition Information

217 calories, 3 g fat, 49 g carb, 9 g fiber, 3.8 g protein, 125 mg sodium (without toppings)

Adapted from Pinch of Yum

<https://pinchofyum.com/carrot-cake-smoothie-bowl#tasty-recipes-41600-jump-target>



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