

Carrot Apple Smoothie

Serving Size: 8 oz; makes 5 servings

Prep time: 10 minutes

Total time: 10 minutes

Ingredients



- Carrots, 6⁷/₈ ounces
- Red Delicious Apples, 12⁵/₈ ounces
- Baby Spinach (Fresh), 5³/₄ ounces
- Cucumbers, 11³/₈ ounces
- Water, 1¹/₈ cup

Preparation

1. Peel carrots and dice 1"
2. Peel and core apples. Dice 1"
3. Peel, seed cucumbers and cut into 1" cubes.

Nutritional Facts:

Calories, Per Serving: 50
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Total Carbohydrate: 13 g
Dietary Fiber: 3 g
Sugar: 8 g
Protein: 1 g
Sodium: 45 mg

Adjusted from: Sodexo Recipes