

## Mango Carrot Smoothies



### Ingredients:

- 1 c mango chunks, frozen or fresh
- 2 carrots, peeled and grated
- 1 c water or 1/2 c ice if using fresh mango
- 2 T lime or lemon juice
- Sweetener as needed

### Directions:

1. Peel and grate carrots.
2. Place all ingredients in the blender in the following order: water (if using), citrus juice, peeled carrots, mango, then ice last (if using). Secure the lid.
3. Blend until smooth. Enjoy immediately.

Makes 1 serving.



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