



Breakfast

Carrot Cake Smoothie

Ingredients:

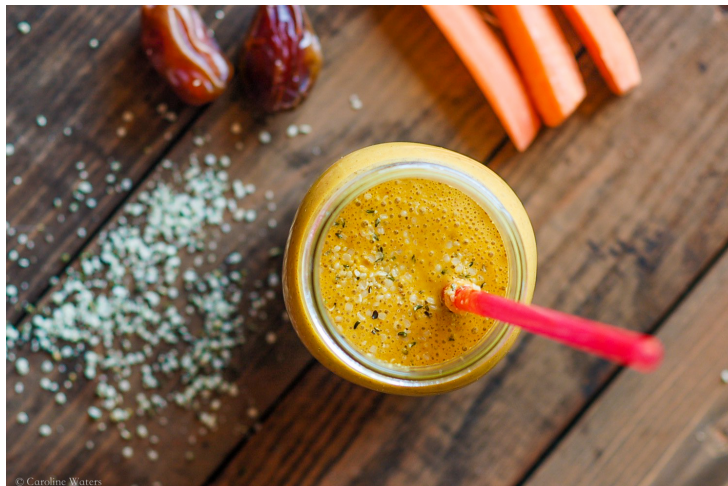
- ½ cup carrots, shredded
- 1-2 medjool dates, pitted
- ½ cup unsweetened almond milk
- 1 cinnamon stick, or 2 tsp saigon cinnamon
- 1 TBSP raw almonds
- 1/3 banana, frozen and sliced
- 1 TBSP vanilla protein powder
- 1 TBSP unsweetened coconut, shredded
- 1/2 tsp nutmeg
- a few drops of liquid stevia (a natural sweetener)
- 1 TBSP Hemp seeds (optional, for topping)



Directions:

1. Combine all ingredients in a high-speed blender and blend until smooth.
2. Enjoy!

Serves: 1



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