

A glass jar filled with a vibrant orange smoothie, garnished with a slice of orange and a straw. The jar is placed on a blue and white checkered napkin. A halved orange is visible next to the jar. The background is a light-colored, textured surface.

CAROTENE BOOST SMOOTHIE

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Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
194 kcal
8g Fats
23g Carbs
6g Protein



WHAT YOU NEED

- 2 medium carrots
- ½ orange
- 1 peach
- ¾ cup (200g) natural yogurt
- ⅞ cup (200ml) water
- 2 tbsp. goji berries

WHAT YOU NEED TO DO

Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

Blend until smooth and serve straight away.

NOTE:

- Add a scoop of vanilla or unflavoured protein powder for a protein boost.