

Carrot & Pineapple Smoothie

3 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

No Oat Milk

Use plain coconut milk or cow's milk instead.

More Flavor

Add ginger.

Ingredients

1 Carrot (medium, chopped)

1 cup Frozen Pineapple

1 cup Oat Milk (unsweetened)