

Coconut Carrot Cake Smoothie

Serves: 2

Smoothie Categories: Low Sugar, Energy, Glow

Place all ingredients in a blender in the order listed and blend.

Ingredients

- 5 oz carrots - chopped
- 1 banana - peeled
- 3 tbsp walnuts
- 1 tbsp coconut flakes
- 1 tsp cinnamon
- 1 cup water
- 1 cup ice

Carrots bring a dose of sweetness to smoothies, as well as beta-carotene, vitamin C, and fiber. Bananas are also full of fiber, as well as potassium, and cinnamon is a natural anti-inflammatory that helps with both complexion and regulating blood sugar. Walnuts provide a dose of nutty sweetness and Omega-3s, as well as potent cancer-fighting compounds. Round this healthy breakfast out with some unsweetened coconut flakes, and get your dessert fix without any of those pesky refined sugars.

(Nutrition Facts: Approximately 161 calories, 9g fat, 19g carbs, 5g fiber, 9g sugar, 3g protein per 12-ounce serving. Yields 2 servings)