

## Strawberry Carrot Creamsicle Smoothie

Smoothie Categories: High Protein, Immune Boosting, Calm

Serves: 2

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

### Ingredients

- 5 oz carrots - chopped
- 4 oz strawberries
- 1 banana - peeled
- 1 tbsp hemp seed
- 1 tsp lucuma powder
- 1 cup water
- 1 cup ice

A sweet Peruvian fruit that is often sold in powdered form, lucuma ranks low on the glycemic scale, which means it's a perfect natural sweetener for people who are trying to watch their sugar intake. Hemp seeds have both omega-3 and omega-6 fatty acids, as well as the nine essential amino acids our bodies do not produce on their own. Combine these two superfoods with sweet strawberries (vitamin C, folate and potassium), crunchy carrots (beta carotene, fiber and vitamin A), and the natural energy of a banana (fiber and beta-carotene), and you have a fruity, refreshing alternative to ice cream or pie.

**(Nutrition Facts:** 185 calories, 7.4g fat, 25.8g carbs, 5g fiber, 13.5g sugar, 6.6g protein per 12-ounce serving. Yields 2 servings)