



VITAMIN C TROPICAL SMOOTHIE

Ingredients:

- 1 Carrot - peeled and steamed
- 1 Orange - segmented
- 1/2 cup pineapple
- 1 cup of milk, almond milk or coconut milk
- 6 ice cubes
- Juice of 1/2 lime
- 1 tsp white chia seeds

You may add a sweetener of your choice to taste. To make it even more tropical, add some organic coconut oil. Blend and serve.