



Carrot Apple Ginger Green Smoothie Recipe

Adapted from <http://www.incrediblesmoothies.com/recipes/carrot-apple-ginger-green-smoothie-recipe/>



Serves: 2

If you are looking for a slightly spicy and delicious smoothie with powerful health benefits, try this carrot-ginger smoothie with greens and sweetened with apple! This immune-boosting [green smoothie](#) will help warm you up on a chilly autumn night!

Apples are full of fibre and will help you feel fuller longer.

Nutrients in carrots have been shown to reduce the risk of heart attacks and may help regulate blood sugar levels. Carrots are famous for protecting vision, especially night vision.

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- 1 medium carrot, chopped
- 2 medium apples, cored
- 1 large handful of baby spinach
- 1 tablespoon freshly grated ginger root
- ½ cup – 1 cup of water or apple juice

Start by adding the liquid to your blender, followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

