

Carrot Cake Smoothie - Oatmeal smoothie based that provides one serving of veggies, plus fiber and protein. Perfect for breakfast, or as a pre/post-workout shake!

Ingredients

- 1 cup raw carrots
- 1 cup plant-based milk
- ¼ cup gluten-free rolled oats
- ½ frozen banana
- 1 Tbsp almond butter
- 1 Tbsp hemp seeds
- ½ tsp vanilla extract
- ½ tsp ground cinnamon

Boosters

1 scoop unflavored or vanilla-flavored collagen peptides or protein powder

Toppings

Chopped pecans, [hemp seeds](#), cinnamon, carrot flakes, and coconut flakes

Directions

1. Add all ingredients to a high powered blender. Feel free to add any optional add-ins to your smoothie if you'd like. Blend until smooth. Serves 1.

Notes

- You need a high powered blender for this recipe. If you do not have a high powered blender, finely grate carrots before adding to a normal blender.
- To make it sweeter, add the other half of frozen banana or pure maple syrup, honey.
- Add ½ cup ice cubes to keep the smoothie cold and thick.