Cranberry-Orange Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes
Yield: 2 servings | Serving Size: 1 cup

Ingredients
½ cup low-fat (1%) milk
½ cup orange juice
1 small (or ½ large) fresh or frozen banana
½ cup fresh or frozen cranberries
½ cup cooked carrots, chilled
⅛-⅜ teaspoon cinnamon, to taste
¼ teaspoon fresh grated ginger or pinch of dried ginger (optional)
3-5 ice cubes (optional; recommended if not using frozen fruit)

Directions
1. Pour the milk and orange juice into the pitcher of a blender.
2. Add the banana, cranberries, carrots, cinnamon, ginger (if using), and ice cubes (if using).
3. Blend until smooth and fully combined, about 2-3 minutes.
4. Serve immediately.

Recipe Notes
• If you can’t find cranberries, raspberries make a good substitute.
• For additional protein, try adding 1-2 scoops protein powder, 1-2 teaspoons chia seeds or hemp hearts, 1 teaspoon ground flaxseed (flax meal), ⅛-⅜ cup Greek yogurt, or ⅛-⅜ cup cottage cheese.
• Substitute your favorite unsweetened non-dairy milk if desired.