

Carrot Cake Smoothie

- **1 medium** frozen ripe banana
- **2 medium** carrots, chopped
- **1/2 cup** canned-in-juice pineapple tidbits, drained
- **1/4 cup** low-fat vanilla yogurt
- **1/2 cup** nonfat milk
- **4-5** ice cubes
- **Dash** cinnamon (optional)
- **1/2 teaspoon** vanilla extract (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Rinse** carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. **Add** banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and **blend** until smooth. If needed, **add** more milk to encourage blending. **Refrigerate** leftovers.

Yield: 2, 1.5 cup servings. **Nutrition Analysis:** 160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein, 6% DV vitamin D, 10% DV calcium, 6% DV iron, 15% DV potassium.



Kentucky Carrots

SEASON: June through early August

NUTRITION FACTS: Carrots are an excellent source of vitamin A, which is important for growth and development, immune function, red blood cell formation, skin and bone formation, and vision.

SELECTION: Choose wellshaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid carrots that are soft, wilted, or split.

STORAGE: Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.

PREPARATION: Rinse and remove ends, peel if desired. Carrots are eaten raw or cooked. Use raw in salads, with dips, or plain as a snack. To cook whole or cut, steam, boil, microwave, roast, or add to stir-fries, soups, stews, and casseroles.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences
University of Kentucky, Dietetics
and Human Nutrition students

Source: FruitsAndVeggies.org

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PlateltUp.ca.uky.edu



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