

STRAWBERRY CARROT SMOOTHIE

Serves 2.

By Dennis W. Viau; modified from a recipe in a book.

The name and author of the book from which I got the idea for this smoothie will remain nameless (for shame). If you've cooked often enough, you know some recipes cannot be trusted. The author thinks the idea is a good one, but never tests it. This smoothie needed liquid. I added orange juice.

Ingredients:

1 cup (125g) frozen strawberries
1 banana
1 carrot
1 cup (240ml) orange (or other) juice
6 ice cubes
1 tablespoon seeds (chia, flax, etc.)
1 large or 2 small sprigs fresh mint

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending. Substitute about $\frac{3}{4}$ cup (180ml) water or juice for the ice cubes.

