

Serves 4

Ingredients :

- 1 cup (240ml) carrot juice
- 1 mango, peeled, chopped
- 1 cup (165g) pineapple, chopped
- 1 tsp. ginger, grated
- ¼ cup (60ml) coconut water

Directions :

1. Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice.

Tropical Carrot Smoothie

