CARROT/FRUIT SMOOTHIES

Time: 10 min.
Servings: 3-4

Ingredients:
• 4 carrots, chopped
• ½ banana
• ½ - ¾ orange, peeled
• 1 cup ice
• ½ cup water

Directions:
• Put ingredients in a food processor and blend together

Did you know? There are about 6g of sugar per cup of chopped carrots, making them a great natural ingredient for a sweet smoothie. Carrots also aid in dental hygiene; they are a natural abrasive and trigger saliva to rid the teeth and gums of sticky coatings or food remains.

Benefits: This smoothie is a great snack, as it does not have any fat or protein. It is packed with vitamins and minerals like potassium, beta-carotene, vitamin A, vitamin C, and other antioxidants. Vitamin A and vitamin C are important to keep your vision sharp and immune system functioning properly. Drink this smoothie to help stave off any negative repercussions of dorm living, intense workloads, and hectic schedules.

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