

# Orange Creme Smoothie

**3-4 Servings**

1 1/2 Cups Unsweetened Plant Milk

2 Frozen Bananas

2-3 Mandarins

1 Cup Carrots

1 Tablespoon Ginger

1/2 Plain Greek Yogurt

1 Scoop VeganSmart Protein Powder

**Calculated Per Serving**

Calories

196

Carbs

30g

Fat

4g

Protein

10g

Fiber

7g

