



Orange Ginger Smoothie

3 Servings

1 Cup Unsweetened Almond Milk

1 1/2 Frozen Bananas

1 Cubed Sweet Potato (Baked or Raw)

1 Tbsp Honey or Coconut Nectar

1 Cup Carrots

2 Tsp Fresh Ginger

1 Cup Orange Slices

1 Scoop Illumin8 Vanilla Protein Powder



Calories

198

Carbs

37g

Fat

3g

Protein

9g

Sodium

121mg

