

Strawberry Lemon Ginger Smoothie



3 Servings

1/2 Cup Unsweetened Almond Milk

1 Cup Plain Greek Yogurt

1 Cup Frozen Strawberries

2 Tbsp Honey

1 Cup Carrots

1 Tablespoon fresh ginger

1 Freshly Squeezed Lemon

Calories

179

Carbs

19g

Fat

8g

Protein

11g

Fiber

3g

