



# Happy Eyes Smoothie



Prep Time: 5 mins Serves: 3



## Ingredients:

- 2 cups frozen peaches or mango
- 2 bananas
- 2 cups carrots, chopped
- 1 ½ cup water
- ¼ cup orange juice

Kids can make this!  
Check out the recipe  
video on YouTube



## Instructions:

1. Add all ingredients into the blender, frozen ingredients last.
2. Blend ingredients on medium-high speed, adding more water as necessary to get your desired consistency.
3. Serve cold in a glass, or in a bowl topped with granola!

**Pro Tip:** If you don't have a powerful blender, try steaming your carrots for 10 minutes first.