

## Sunrise Super Smoothie

A smoothie that combines our favorite powerhouse ingredients! A great way to start your day!

🕒 Prep: 5 mins Total: 5 mins

👤 Servings: 2 servings

1x	2x	3x
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### INGREDIENTS

- 8-10 oz. unsweetened almond or coconut milk
- 1 cup ice
- 2 small carrots
- 1 medium orange
- 1/2 cup pineapple, fresh or frozen
- 2 Tbsp. hemp hearts
- 1 tsp. fresh ginger, minced (may substitute ¼ tsp. ground ginger)
- ½ tsp. fresh turmeric, minced (*may substitute ¼ tsp. ground turmeric*)
- 1-2 scoops protein powder of choice
- *Optional: 2-3 Tbsp. collagen peptides (omit for vegan ) or other protein powder of choice*

### INSTRUCTIONS

1. Place ingredients in a high-powered blender and blend until smooth.

### NOTES

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### NUTRITION INFORMATION

Serving Size: 1/2 of recipe    Calories: 240    Fat: 8 g    Sodium: 180 mg    Carbohydrate: 22 g  
(Fiber: 6 g    Sugar: 12 g)    Protein: 20 g

### DIETARY

Dairy-Free   Egg-Free   Gluten-free   Grain-Free   Paleo   Vegan   Vegetarian

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*Find it online: <https://therealfooddietitians.com/sunrise-super-smoothie/>*

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