

## **Carrot Apple Delight Smoothie**

*This perfectly balanced sweet and tart smoothie is surely a delight!*

### **Ingredients**

*¼ cup raw Cashews  
½ cup Water  
2 Carrots, peeled and sliced  
2 Granny Smith Apples, peeled, cored and cubed  
2 ripe Bananas  
4 Medjool Dates, pitted  
2 teaspoons Pure Vanilla Extract  
½ teaspoon Cinnamon  
2 cups Ice Cubes*

### **Special Equipment**

*Powerful Blender*

### **Preparation**

*Blend cashews and water until cashew milk is formed. Add carrots, apples, bananas, dates, vanilla, cinnamon and ice in that order and blend on high speed until smooth (using tamper if needed). Add additional water for a smoother consistency if preferred.*

*Serves 2*