

Carrot and Beet Smoothie



This smoothie is high in good fats, rich in fiber. If you can't tolerate almonds replace them with other nuts such as pecans, walnuts, macadamia nuts or hazelnuts. If you don't like beets, you can substitute more carrots. Hemp seed is also optional, but it's high in omega 3 fatty acids, so you may want to keep them!

It can be refrigerated in an airtight glass container for up to 3 days, and even then it's delicious.

Equipment

High-speed electric blender (I use my tired, 23-year-old Vita-mix)

Measuring cups and spoons

Citrus squeezer

Ginger grater



Shortcuts

When I have a washed organic lemon, I just cut a slice with the rind instead of squeezing lemon juice. Also I chop my ginger into 2-3 large pieces. I don't bother mincing it.

Ingredients



- 1 ½ cups filtered water
- ½ cup coarsely chopped unpeeled carrots
- ½ cup coarsely chopped peeled beets
- ¼ cup raw almonds
- 1 ½ tablespoons freshly squeezed lemon juice
- 1 tablespoon minced ginger
- 1 tablespoon ground flax seed
- 1 tablespoon hemp seed (optional)
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cloves
- Pinch of sea salt



Directions

Add all ingredients to a blender and puree for 1-1 ½ minutes.



Enjoy!

It's silky-smooth de-li-cious!

This recipe was adapted from *Cooking for Hormone Balance* by Magdalena Wszelaki