



**FRESH
CONNECT**
BUCKS COUNTY

recipe

INGREDIENTS

1 cup chopped carrots
1/2 cup chopped apples
1 teaspoon vanilla extract
1/4 teaspoon pumpkin pie spice
3/4 cup of milk beverage
1/2 cup pineapple chunks
1/4 cup of old fashioned oats
2-4 ice cubs
1 tablespoon of flaked coconut

SERVING SIZE: 1

Carrot Cake Smoothie

NAME OF DISH

INSTRUCTIONS

Combine everything into a blender. Puree until smooth.
Add coconut, if desired.



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