

Mango, Papaya & Carrot Smoothie

Source: adapted by bestfruitsmoothies.com

Mixed fruit and veggie smoothies are often not that sweet. Having said that, this mango smoothie recipe has a sweet taste you will certainly love. Optionally, you can also add 1 tbsp. Chia seed to increase the nutritional value including important omega-3 fatty acids without changing the results of the recipe.

Ingredients:

- 1/2 cup carrot juice
- 1 cup fresh mango, sliced
- 1 cup fresh papaya, sliced
- 1 TBSP honey or agave
- 1/4 tsp cardamom, ground
- Ice to taste

Directions:

Blend & serve immediately.