



Vanilla Matcha Carrot Smoothie

The Ingredients

- 2 pitted dates
- ½ cup milk or plant-based milk
- 5 baby carrots
- ½ ripe banana
- ½ tsp matcha powder
- ½ tsp pure vanilla extract

Directions

- Combine all ingredients in a blender and puree until smooth. This may take up to 2 minutes.
- Add a handful of ice if you like and puree again until smooth.

[REFERENCE: SARA HAAS](#)