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Carrot Cake Smoothie

Prep Time: 5 min. Cook Time: 0 min.

Serving size: 1 smoothie

Recipe yields 1 serving

Ingredients

1 scoop Signature Vanilla Whey
1/4 cup old-fashioned or quick-cooking oats
2 tbsp fat-free cream cheese
1/2 tbsp cinnamon
2 tbsp sugar-free syrup
1/2 cup almond milk
1/2 cup shredded carrots
1 handful ice

Directions

1. Blend together all ingredients and enjoy!