

## **Carrot, Pineapple and Ginger Smoothie**

This is a fresh and zingy smoothie. Perfect to wake you up in the mornings

- 1 large Carrot, chopped
- 1 cup of chopped pineapple
- ½ inch piece of ginger, grated
- 300ml coconut Milk

As with all of the smoothie recipes, just throw everything into the blender and you're good to go.

