

# RECIPE

## Vegetable Connection Smoothie

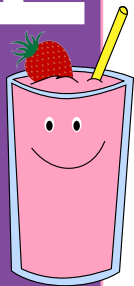
Start to Finish: 15 minutes Servings: 4

### Ingredients:

- 1 cup carrots, sliced
- 1 cup apple juice
- 1 cup applesauce
- 1 cup celery, sliced
- ½ cup green peppers, sliced
- ½ cup fat-free milk
- 2 cups ice

### Directions:

1. Place all ingredients into blender and blend until smooth.  
Serve immediately.



### Nutrition Information Per Serving:

90 Calories; 0 g Total Fat; 0 g Saturated Fat; 0 mg Cholesterol; 3 g Fiber; 65 mg Sodium;  
20 g Carbohydrates; 16 g Sugar; 2 g Protein