

Carrot Cake Protein Smoothie Recipe



Today's recipe is a perfect example of having your cake and eating it too.

I said it on Live with Kelly & Ryan a few weeks back and I'll say it again... ([Here's the video if you haven't watched yet.](#))

You CAN eat dessert for breakfast... If you eat the right kind of dessert. It's got to be high in clean keto fats, high in minerals, high in fiber, and (this is most important) LOW in sugar.

This breakfast smoothie combines healthy fats, vegan protein, fiber, vitamins, and minerals to give you energy that will last well into your morning and keep you full until lunch. Plus, if you like carrot cake, you're going to LOVE how it tastes!

Give it a try and let me know what you think over on [Facebook](#).

CARROT CAKE PROTEIN SMOOTHIE

Ingredients [serves 1]

1 cup unsweetened almond milk
1 tbsp. raw almond butter
1/2 banana (peeled and frozen)
1 tsp. cinnamon
3 carrots, shredded
Optional: 1 scoop Alkamind Vanilla Coconut Organic Daily Protein (substitute 2 tbsp. of hemp seeds or chia seeds)



Directions

Blend and enjoy!

You can add a scoopful of clean keto fats and proteins to this smoothie or just about any smoothie with our [Alkamind Organic Daily Protein](#), which features:

- ZERO grams of sugar
- NO artificial anything!
- Only 110 calories per serving
- 20 grams of protein

- 3 healthy fats

Fitness Magazine called it “a superfood lover’s dream.” And *Shape Magazine* listed it in their “Top 10 Plant-Based Protein Powders That Don’t Taste Like Dirt.”

So try Vanilla Coconut or Creamy Chocolate flavor today! You can buy one jar or [Subscribe & Save 15%](#)



Best Protein Powder

“This protein powder is amazing. First, I love the taste! Next, the powder blends really well - no clumps. Keeps you full and energized.” –Leigh C., Verified Buyer

