



Recipe: Max's Carrot Cake Smoothie

A tasty smoothie made with Max's Bars original Café Bar. Reminiscent of the very best carrot cake and packed with goodness.

Prep time: 55 minutes (includes time for banana to freeze)

Cook time: 5 minutes

Total time: 60 minutes

Active time: 10 minutes

Servings: 2

Ingredients:

- 1 banana, thinly sliced and frozen*
- 1 Max's Café Bar, cut into 1-inch pieces
- 1 cup vanilla non-dairy milk
- 2 medium carrots, peeled and roughly chopped
- 1 Tablespoon ground flaxseed
- ¼ teaspoon pumpkin pie spice or ground cinnamon

Directions:

Peel and thinly slice banana, then place on parchment-lined baking sheet or in parchment-lined bowl and freeze for up to one hour. While banana is freezing, prepare and combine all other ingredients in a blender. Once banana is frozen, add to blender and blend until smooth. Enjoy immediately.

**Tip: Slicing the banana before freezing helps it freeze more quickly—usually in under an hour.*

