

Supercharged Carrot Ginger Dinner Smoothie

Day 2 of 7

A Nutritious and Satisfying Dinner Smoothie

Looking for a healthy and filling dinner option? This Supercharged Carrot Ginger Dinner Smoothie combines fruits, vegetables, fibre, healthy fats, and natural goodness into one delicious glass. It's designed to help keep you feeling satisfied while providing a wide range of vitamins, minerals, and antioxidants from whole-food ingredients.

Ingredients

- 1 medium carrot, chopped
- ½ cup pineapple chunks
- 1 banana
- 1 kiwifruit, peeled
- 1 large handful spinach
- ¼ cup rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed
- 1 thumb-sized piece fresh ginger
- 1 cup milk (dairy or preferred alternative)

Method

1. Wash and prepare all ingredients.
2. Add everything to a blender.
3. Blend for 45–60 seconds until smooth and creamy.
4. Pour into a large glass and enjoy.

Why You'll Love It

- Rich in vitamins and minerals
- High in fibre to help keep you feeling fuller for longer
- Contains healthy fats from chia and flaxseed
- Naturally sweet with no added sugar
- Quick and easy to prepare

Nutrition Highlights

Carrot – Rich in Vitamin A

Kiwifruit – Excellent source of Vitamin C

Spinach – Provides iron, folate, and magnesium

Banana – Adds potassium and natural sweetness

Pineapple – Refreshing and rich in antioxidants

Oats, Chia & Flaxseed – Fibre, healthy fats, and sustained energy

Ginger – Adds a fresh zing and supports digestion

Enjoy! Part of the 7-Day Dinner Smoothie Series, designed to make healthy eating simple, enjoyable, and delicious.