



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Orange Ginger Zinger Creamsicle Smoothie with White Beans

Start your summer mornings with this delicious and refreshing smoothie, rich in protein and antioxidants.



INGREDIENTS





- 1 ½ cups orange juice
- 1 ½ cups mango
- 1 ¼ cups cooked or canned white kidney (cannellini) beans (drained and rinsed)
- 1 cup peeled and grated carrot
- ½ cup Greek vanilla yogurt
- 2 tbsp honey
- 2 tbsp fresh grated ginger

INSTRUCTIONS

1. Combine all ingredients in a blender and process until very smooth. Garnish with an orange or lemon wedge, and enjoy immediately.

*If you're cooking the beans from dry, be sure to simmer until very tender. This will create a smooth consistency, without a gritty texture.



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