



## Sunrise Splendor

### Ingredients:

- 1 cup frozen pineapple
- 1 cup frozen peaches
- 1 cup baby carrots
- 1 cup apple juice
- ½ avocado
- 1/8 slice lemon, without rind
- 1 tablespoon Goji berries
- 1 cup water

### Instructions:

Blend all ingredients together in a high-powered blender.

### Nutritional Information:

- **Servings: 2**
- Calories: 185 kcal
- Fat: 4g
- Saturated Fat: g
- Cholesterol: 0 mg
- Sodium: 77 mg
- Carbohydrates: 38g
- Fiber: 5g
- Sugar: 28g
- Protein: 2g