

## The Vitamin C-Packed Smoothie That Tastes Like Sunshine in a Glass

Why I Love This Orange Glow Smoothie



**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

- 2 large oranges, peeled and segmented
- 1 medium carrot, peeled and chopped
- 1/2 banana (fresh or frozen both work)
- 1/2 cup Greek yogurt (or a plant-based yogurt like coconut or almond)
- 1/2 cup cold water or orange juice (depending on how citrusy you want it)
- 1 tsp honey or maple syrup (optional, based on your sweetness preference)
- A few ice cubes, to chill and thicken

### DIRECTIONS

- 1. Load the Blender:** I start by adding the oranges, chopped carrot, banana, and yogurt to the blender. If I'm using orange juice instead of water, I pour that in too-it gives the smoothie an extra citrus punch.
- 2. Blend Until Smooth:** I blend everything on high for about 30-60 seconds until it's completely smooth. If the carrot pieces are a bit stubborn, I pause and scrape down the sides or add a touch more liquid to help things move.
- 3. Adjust Sweetness:** Once it's blended, I give it a quick taste. If my fruit is on the tart side, I add a teaspoon of honey or maple syrup. When the oranges and banana are super ripe, I usually skip this step.
- 4. Add Ice and Blend Again:** For that cold, frothy finish, I toss in a few ice cubes and blend for another 10-15 seconds. This makes it extra refreshing-especially in the summer.
- 5. Serve Right Away:** I pour it into a tall glass and drink it fresh while it's at its peak. You get all the vibrant flavor and texture, plus the visual bonus of that bright orange hue that just looks like it's good for you.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-vitamin-c-packed-smoothie-that-tastes-like-sunshine-in-a-glass/>