

Pumpkin, Carrot, Mango, and Papaya Smoothie (or Juice)

Ingredients

- ½ cup cooked pumpkin puree (unsweetened) or steamed pumpkin cubes, cooled
- 1 small carrot, chopped
- ½ cup ripe mango cubes
- ½ cup ripe papaya cubes
- 1 cup cold water or coconut water (more to thin)
- 1 tsp lime juice
- 3–4 ice cubes
- Small pinch cinnamon or fresh ginger (optional)

Instructions

1. Place water (or coconut water) in the blender first. Add pumpkin, carrot, mango, papaya, lime juice, ice, and optional spice.
2. Blend until completely smooth and silky, scraping down sides if needed. If too thick, add more liquid 1–2 Tbsp at a time and re-blend.

3. Taste: add a touch more lime for brightness or a pinch of cinnamon/ginger for warmth.
4. For a clearer “juice,” strain through a fine sieve; for maximum fiber, serve as a smoothie.