PURPLE FRUIT AND VEGGIE SMOOTHIE

INGREDIENTS
2 cups liquid: any combination of water, milk, or yogurt
2 small carrots, chopped
1 cup chopped cauliflower, frozen or fresh
1 banana
1 cup frozen blueberries

METHOD
Place everything in a high powered blender in the order listed. Blend for a few minutes on high until smooth. If you do not have a high powered blender, you can blanch the carrots and cauliflower before blending. Especially good as a smoothie bowl, topped with granola and fresh fruit!