

# Carrot Apple Nectar



Ready in 5 minutes

Serves 2

## Ingredients

- 1 oz Apple Crystals ( $\frac{1}{4}$  cup)
- 0.4 oz Carrot Crystals ( $\frac{1}{3}$  cup) + more for topping
- 2 cups water
- 1 avocado
- Maple syrup (optional)

## Preparation

1. Blend everything together.
2. Taste and adjust for sweetness.
3. Top with more Apple Crystals.