

## Carrot Orange Ice with Ginger and Olive Oil

Orange and ginger combine with fresh carrot to make the perfect springtime treat.

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**Chef:** Vitamix

**Prep Time:** 10 minutes

**Container:** 64 oz

**Total time:** 11 minutes

**Machine:**

**Skill Level:** Simple

**Yield:** 8 servings, 4 cups, 960 ml

**Program:**

### Ingredients:

1 Tablespoon light olive oil  
1 large (140 g) orange, zested, peeled and halved  
1 large (125 g) carrot  
1 teaspoon (5 g) fresh ginger root  
¼ cup (30 g) granulated sugar  
4 cups (520 g) ice cubes

### Directions:

Place olive oil, orange, zest, carrot, ginger, and sugar into the Vitamix container in the order listed and secure the lid.

Start the blender on its lowest speed, then increase to its highest speed. Blend for 45 seconds, using the tamper to push ingredients toward the blades.

Stop the machine and add the ice cubes to the container.

Start the blender on its lowest speed, then increase to its highest speed. Blend for 15 to 20 seconds, or until desired consistency is reached. Use tamper as needed.

### Chef Notes:

**Nutrients:** 1 serving (92g) Calories: 60 kcal, Protein: g, Total Fat: 2 g, Carbohydrates: 10 g, Cholesterol: 6 mg, Fiber: 1 g, Sat Fat: g, Sodium: 10 mg, Sugar: 9 g