



Visiting Nurse Association
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org

Carrot, Apple & Ginger Smoothie Shopping List

- Carrots
- Banana
- Honeycrisp apple
- Light coconut milk
- Fresh lemons
- Fresh ginger
- Fresh or dried turmeric