



Orange Creamsicle Smoothie

INGREDIENTS

1 cup unsweetened almond, cashew or coconut milk
1 TBS vanilla extract 3 drops of almond extract
1 scoop of vanilla protein powder

2 small clementines OR 1 small orange
4-5 drops of pure orange extract
½ teaspoon orange zest

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1; 225 calories