

# Orange Creamsicle Smoothie

While the color of this smoothie doesn't quite say creamsicle, the flavor sure does. Oranges, vanilla yogurt and some greens combine into a healthy, sweet treat that is sure to please. Add extra ice for an extra thick frozen treat.



## Creamsicle

Recipe serves	
	2

Ingredient	Amount
Coconut milk	1 cup
Mixed greens of your choice	2 cup
Small oranges, peeled and seeds removed	2 ----
Vanilla yogurt	1 cup
Ice	1 cup

## Directions

Put all your ingredients, including supplements of choice, in a blender and blend until smooth and creamy. Divide between two glasses and serve immediately

For a thinner consistency you may substitute 1/2 cup of water (more or less as needed) for 1 cup of ice. You may need a bit more if using protein powder.

## Shopping List

Ingredients	Have it	Quantity
Coconut milk 398ml can	<input type="checkbox"/>	1 can
Mixed greens	<input type="checkbox"/>	2 cup
Small oranges	<input type="checkbox"/>	
Vanilla yogurt	<input type="checkbox"/>	