

Orange Creamsicle Smoothie

Recipe makes 1 smoothie

Ingredients

3/4 cup Light Greek Vanilla Yogurt
1/2 cup Fat Free Fairlife Milk
1/2 cup Orange Juice (or juice from 1 orange)
1 scoop Legion Vanilla Protein Powder (or any brand of vanilla)
1/8 tsp Vanilla Extract
100g Ice Cubes (about 6 cubes)

Instructions

1. Add all of your ingredients to a blender and blend to your desired consistency.
2. Pour into a glass or shaker bottle.
3. Enjoy!



Nutrition Profile

- per smoothie -

Calories - 295

Fat - 4g

Carbohydrates - 29g

Protein - 38g

  @zachcoen

www.mindbodyandnutrition.com

Notes

- This smoothie is a great option for a high protein dessert, snack, or even a post workout protein shake.
- The consistency of this recipe is like a thick protein shake. If you like more of a milkshake consistency, you can skip the milk and add more ice. Adding a tsp of xanthan gum will make this more of an ice cream consistency if you want something even thicker.