

ORANGE CREAMSICLE SMOOTHIE

By Dr. Cindy Tanzar

Indulge in a refreshing Orange Creamsicle Smoothie that captures the nostalgic taste of a classic treat! This creamy, nutritious blend features a delicious combination of vanilla protein and fresh orange, enhanced with riced cauliflower for added texture and health benefits. With a touch of coconut milk and healthy fats, this smoothie is both satisfying and light. For an extra chill, simply toss in some ice. Perfect for breakfast or a post-workout refreshment, this smoothie is a guilt-free way to enjoy the flavors of summer!

Makes 1 serving.



INGREDIENTS

- 1-2 scoops Vanilla Protein Powder
- 1 small orange, peeled
- 1 c. riced cauliflower, frozen or fresh
- 8-12 oz. unsweetened coconut milk
- 1 tbsp MCT oil or butter
- 10 drops liquid vanilla crème stevia
- ½ cup ice (optional)

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.