

Orange Creamsicle Smoothie

GLUTEN-FREE • VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/orange-creamsicle-smoothie>

Adapted from Original Recipe Source:

Munchin with Munchkin

<http://www.munchinwithmunchkin.com/2012/03/05/vegan-orange-creamsicle-milkshake>

YIELDS: 2 large smoothies

NOTE:

Any type of oranges will work in this recipe, but if you can find minneola oranges (a.k.a. honeybell tangelo), use them! They are so sweet and juicy.

INGREDIENTS:

- 1 cup freshly squeezed orange juice
- 1 tsp orange zest (optional)
- 1 Tbsp coconut oil
- 1 cup coconut milk (from carton or can)
- 2 frozen ripe bananas, peeled and cut into thirds
- 1 tsp pure vanilla extract
- 1 Tbsp agave nectar (if using minneola oranges, you may not need to add sweetener)

OPTIONAL:

To intensify the orange color, try adding a carrot. For added nutrition, try adding a scoop of protein powder and/or kale/spinach (which will change the color to green, fyi).

STEP 1:

Add all ingredients except agave nectar to a blender. Blend until smooth and creamy. Taste, and adjust sweetener as needed. Enjoy!

To make popsicles, pour mixture into popsicle molds or Dixie cups and place in freezer. Insert popsicle sticks after 1 hour. Continue to freeze overnight for best results. Run warm water over molds to help popsicles release.