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Orange Dream Creamsicle

Need to cool down after a tough workout or a hot day at the beach? Lap up this low-cal, citrus-infused healthy smoothie recipe.

SERVINGS: 1

1 navel orange, peeled
¼ c fat-free half-and-half or fat-free yogurt
2 Tbsp frozen orange juice concentrate
¼ tsp vanilla extract
4 ice cubes

COMBINE the orange, half-and-half or yogurt, orange juice concentrate, vanilla, and ice cubes. Process until smooth.

NUTRITION *(per serving)* 160 cal, 3 g pro, 36 g carb, 3 g fiber, 28 g sugars, 1 g fat, 0.5 g sat fat, 60 mg sodium

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