

Orange Creamsicle Smoothie

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Breakfast, Snack
 Contributed By



Source Adapted from [Milk and Honey Nutrition](#)

Servings 2



Ingredients

lb,c g,ml

- 1 cup almond milk, unsweetened, vanilla
- 1/2 cup Greek yogurt, plain
- 1 orange, *peeled and seeds removed*
- 1 banana, *frozen*
- 1 tsp vanilla extract
- 1 Tbs maple syrup
- 1 Tbs chia seeds
- 1 cup spinach optional

Directions

Prep

1. Freeze the banana.
2. Peel and remove seeds from the orange.

Make

1. Combine all ingredients in your blender and process until smooth.
Enjoy!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Calories per serving 251	Total Fat 5.5g	8%	Total Carbohydrates 41g
	Saturated Fat 1.4g	7%	Dietary Fiber 8g	32%
	Trans Fat 0.1g		Total Sugars 18g	
	Cholesterol 8mg	2%	Protein 12g	
	Sodium 138mg	6%		
	Vitamin D 1mcg 13% · Calcium 462mg 46% · Iron 2mg 11% · Potassium 704mg 14%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -