



Orange Creamsicle Smoothie



Prep Time: 5 minutes

Cook Time: 5 minutes

Yield: 2

INGREDIENTS

- 1 frozen banana, chopped
- 2 tsp vanilla extract
- ½ cup orange juice
- ¾ cup Greek yogurt
- 1 orange, peeled and sliced

VARIATIONS

- Add orange zest to increase the flavor of smoothie
- Swap Greek yogurt with milk

DIRECTIONS

- On high, **BLEND** the frozen banana chunks, vanilla, and orange juice together until thick, creamy, and smooth – about 3 minutes. **SCRAPE** down the sides of the blender as needed.
- **ADD** the yogurt, orange, and orange zest (if using). **BLEND** until combined.
- **SERVE** and **ENJOY!**