



ORANGE CREAMSICLE SMOOTHIE

By Dr. Cindy Tanzar
(Standard)

Makes 1 serving and covers a full meal.



INGREDIENTS

- 2 scoop 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.