

Orange Creamsicle Smoothie



Start your day with a serving of sunshine and Vitamin C! This drink has the classic orange and vanilla flavor of the old-fashioned popsicle in a nutrient-packed smoothie.

YIELD 2 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 cup	Mango, frozen
4 each	Clementines, peeled and pith removed, divided into segments
½ cup	Ice
¼ cup	Greek Yogurt, plain, nonfat
1 Tbsp	Vanilla Extract
1 tsp	Sugar, granulated

CHEF'S NOTES

The frozen mango in this recipe adds creaminess and a citrusy flavor that complements the fresh clementines.

Clementines are similar to mandarin oranges or tangerines and are smaller and easier to peel than standard navel oranges, making them a great snack option for kids of all ages.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add all ingredients in the order listed to a large blender pitcher.
3. Blend until smooth and creamy (start the blender on low and gradually increase the speed to medium-high). Scrape down the sides of the blender as needed.
4. Serve immediately or freeze any leftovers. Simply transfer to the refrigerator the night before you plan to drink your smoothie.

Nutrition Facts

2 servings per container

Serving Size 8 oz. (274 g)

Amount per serving

Calories 160

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 0%

Total Carbohydrate 37g 14%

Dietary Fiber 4g 14%

Total Sugars 31g

Includes 2g Added Sugars 4%

Protein 5g 9%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 0.24mg 0%

Potassium 300mg 7%

*The % 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.

Recipe adapted from *Health meets Food*, "Orange Dreamsicle Smoothie" (5/13/19)



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