Orange Creamsicle Smoothie

Ingredients

- 1 frozen ripe banana
- 2 teaspoons vanilla extract
- 1/2 cup orange juice (or more, as needed)
- 3/4 cup vanilla Greek yogurt
- 1 orange, peeled

Directions

On high, blend all ingredients together until creamy and smooth. Scrape down the sides of the blender and add more liquid as needed. Enjoy!

Nutrition Tip: This yummy treat is packed with fiber, protein, potassium, and vitamin C.

Recipe adapted from https://sallysbakingaddiction.com/

Get more recipes at uhs.berkeley.edu/studentnutrition
Orange Creamsicle Smoothie

Ingredients
- 1 frozen ripe banana
- 2 teaspoons vanilla extract
- 1/2 cup orange juice (or more, as needed)
- 3/4 cup vanilla Greek yogurt
- 1 orange, peeled

Directions
On high, blend all ingredients together until creamy and smooth. Scrape down the sides of the blender and add more liquid as needed. Enjoy!

Recipe adapted from https://sallysbakingaddiction.com/

Nutrition Tip: This yummy treat is packed with fiber, protein, potassium, and vitamin C.

Get more recipes at uhs.berkeley.edu/studentnutrition
Orange Creamsicle Smoothie

Ingredients

- 1 frozen ripe banana
- 2 teaspoons vanilla extract
- 1/2 cup orange juice (or more, as needed)
- 3/4 cup vanilla Greek yogurt
- 1 orange, peeled

Directions

On high, blend all ingredients together until creamy and smooth. Scrape down the sides of the blender and add more liquid as needed. Enjoy!

Recipe adapted from https://sallysbakingaddiction.com/

Get more recipes at uhs.berkeley.edu/studentnutrition

Nutrition Tip: This yummy treat is packed with fiber, protein, potassium, and vitamin C.
Orange Creamsicle Smoothie

Ingredients

- 1 frozen ripe banana
- 2 teaspoons vanilla extract
- 1/2 cup orange juice (or more, as needed)
- 3/4 cup vanilla Greek yogurt
- 1 orange, peeled

Directions

On high, blend all ingredients together until creamy and smooth. Scrape down the sides of the blender and add more liquid as needed. Enjoy!

Recipe adapted from https://sallysbakingaddiction.com/

Get more recipes at uhs.berkeley.edu/studentnutrition