

Orange Julius Smoothie

MAKES 2 SERVINGS

Courtesy of jessicagavin.com

Ingredients

1 cup ice cubes
1 medium frozen banana
½ cup plain Greek yogurt
½ cup orange juice
2 teaspoons pure vanilla extract
Orange zest, from 1 orange
1 large orange, peeled and segmented
(about 1 cup sliced)
1 tablespoon ground flaxseed
1 teaspoon sweetener (honey, maple syrup,
Agave, if desired)



Directions

1. Add ice, banana, yogurt, orange juice, vanilla, orange zest, oranges, ground flaxseed, and sweetener (if using) in a blender.
2. Process until smooth, about 60 to 90 seconds.

NUTRITION FACTS

Per serving w/ sweetener (1 ¼ cup): 182 calories, 2 g fat, 0 g saturated fat, 607.5 mg Omega-3, 21 mg sodium, 35 g carbs, 4 g fiber, 8 g protein, 80 mg Vitamin C (100% DV)