

ORANGE CREAMSICLE SMOOTHIE

Serves 1 and covers a full meal



Ingredients

2 scoop Pure Vitality 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.