

Orange Dreamsicle Smoothie

By Jennifer M.S. Robertson – The Raw Expat



This smoothie is reminiscent of the famous ice cream bars of my childhood, enjoyed with reckless abandon during the long, hot Texas summers I grew up in.

With a tangy orange popsicle coating and a creamy vanilla ice cream center, the dreamsicle was a refreshing flavor combination, and I knew that I had to develop my own, healthy version of this sweet treat!

Ingredients:

3 frozen bananas (sliced before freezing)
1 cup orange juice
1 cup canned coconut milk
1 tsp vanilla extract
Pinch sea salt

Directions:

Blend all items in a high-speed blender until smooth.

If your blender is struggling, add a little bit of water as needed to blend.

Enjoy immediately, preferably in cold glasses with a glass or metal straw for that extra-chill factor!



Jennifer M.S. Robertson

Jennifer M.S. Robertson is an American expatriate wife and mother and a trained raw foods chef and educator. Having lived as a resident expat in seven countries, Jennifer's mission is to help women to create and sustain a healthy lifestyle no matter where in the world they find themselves.

