

ARTISAN KITCHEN

RECIPE FILE

ORANGE DREAMSICLE SMOOTHIE OR POPS

Ingredients

- 1 cup ANY cold milk (Cow, Almond, Coconut, etc.....)
- 1 cup ice cold water
- 1 (6 ounce) can frozen orange juice concentrate
- 12 cubes ice
- 1/4 teaspoon Vanilla Bean Paste or extract
- 2 Tablespoons Sugar, Honey, Agave, or equivalent sugar substitute

Directions:

1. In a blender combine milk, water, orange juice concentrate, ice cubes, vanilla and sugar. Blend until smooth. Either Drink immediately or, freeze in pop molds