

Oat Milk Orange Dreamsicle



This orange delight reminds me of trips to the mall with a visit to Orange Julius. My version is much healthier - chock full of vitamins, fiber, and antioxidants. Oat Milk makes this Orange Dreamsicle extra creamy while oranges, banana, and mango add sweetness. Make this wonderful smoothie and get your orange fix today!

Makes 1-2 servings

Ingredients

- 1 orange, peeled
- 1 frozen, peeled banana
- 1 frozen, peeled mango (about 1 cup diced)
- $\frac{1}{2}$ cup oat milk
- 1 teaspoon vanilla extract

Instructions

1. Divide the peeled orange into sections and remove any seeds.
2. Add all ingredients to a high-speed blender and blend until thick and smooth. Add more milk if you like it thinner.
3. Enjoy!

