

Orange Push Up Smoothie by Lynn's Recipes



This taste like the Orange Push Ups that you find in the ice cream section of the grocery store. They can be served as a smoothie or frozen to enjoy as a frozen dessert. Adapted from Love Veggies & Yoga on Pinterest.

Orange Push Up Smoothie:

Ingredients:

- 1 can (12 ounces) frozen orange juice concentrate, slightly thawed
- 1 cup milk (half and half, cream, nut milk or soy milk can be substituted -- I used skim milk)
- 1 cup sugar or to taste (you can reduce the sugar or use an alternate sugar substitute, but it won't taste quite as close to the classic Orange Push Up)
- $\frac{1}{2}$ teaspoon vanilla extract
- 2 cups ice

Combine all ingredients in a large blender and blend until smooth and creamy. If it is thicker than you would like it, add a little more milk or a little water.

Makes approximately 3 eight-ounce servings.

You can pour into Popsicle molds or ice cube trays and freeze if desired for later use.

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