

# Orange Push Up Smoothie by Lynn's Recipes

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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)
- ½ 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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