

# **Creamsicle Smoothie**

**SP Complete - # scoops for 2 smoothies - see container**

**1 orange, peeled and seeded**

**1-2 Tablespoons coconut oil or other good fat**

**1-2 cups carrots, lightly steamed or raw if you have a high-power blender**

**1 cup coconut milk or coconut water**

**1 cup purified water**

**Blend all ingredients in blender until smooth.**

**Drink 1/2 for breakfast and 1/2 for snack**

## **Tips for smoothies**

\*Coconut oil will harden and be chunky if added to a cold smoothie, so add before the frozen ingredients.

\*Bananas can be frozen for easy use by peeling, breaking in half and packaging in Ziploc bags.

\*Apples and Pears can be pre-cut and stored fresh for a day or 2, or frozen in portion sizes, if coated with lemon juice.

\*The oil makes the smoothie healthier, creamier and more satisfying.

\*Avocado acts like the oil, and can also be frozen with lemon.

\*Do not store smoothie for more than a day, the fresh ingredients deteriorate.