

MANGO ORANGE CREAMSICLE SMOOTHIE



DIFFICULTY
EASY



TIME
5 MIN



SERVES
1

INGREDIENTS

- $\frac{3}{4}$ cup frozen mango chunks
- $\frac{1}{2}$ cup frozen cauliflower florets
- One $\frac{1}{2}$ x 2 inch piece of orange zest (removed from the orange with a wide mouth peeler)
- $\frac{1}{2}$ - $\frac{3}{4}$ cup non-dairy milk
- $\frac{1}{2}$ frozen ripe banana
- 1 tsp vanilla extract
- $\frac{1}{8}$ tsp sea salt
- 1 Tbsp real maple syrup (optional)

DIRECTIONS

1. Combined all ingredients except the maple syrup (start with $\frac{1}{2}$ cup of the non-dairy milk) into a high-speed blender.
2. Blend and adjust the consistency with the remaining non-dairy milk or other liquid.
3. Add the real maple syrup if desired.

NUTRITION FACTS PER SERVING

Calories: 269 **Fat:** 2g (**Saturated Fat:** 0.2g) **Carbohydrates:** 60g **Fiber:** 5.5g **Sugar:** 47.1g
Protein: 4.7g **Sodium:** 130mg



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