

# Creamsicle Smoothies

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/almond-drink-recipe-chinese>

## Ingredients:

- 1 cup almond Breeze almond milk
- 2 oranges
- 1 vanilla bean
- 1 tablespoon coconut oil
- ice

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 23 grams
3. Fat: 21 grams
4. Fiber: 9 grams
5. Protein: 9 grams
6. SaturatedFat: 4.5 grams
7. Sugar: 1 grams

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