

Dreamsicle Smoothie

Ingredients

- 8-10 Clementines squeezed (1 cup)
- 1 small banana
- 1 scoop vanilla (ice cream) flavored protein whey powder
- 1/4 cup milk
- 1 tbsp coconut oil
- 1/2-1 cup ice



Directions

Add all ingredients to a blender and mix on high until ice is crushed and the drink is frothy.

Pour and enjoy!

Pour into Popsicle Trays if you wish to make healthy frozen pops!

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