

Orange Cream Smoothie

Threw this together when my husband decided he was getting sick of my peanut butter and banana smoothies for his diet/workout plan. It was a request of his and now a constant in our home. You can use this as a meal replacement for breakfast or lunch or as an after workout shake. Even my kids LOVE it.

Recipe by [Kathy Gray](#) | Created on **Mar 10, 2022**

Ingredients

- ¼ cup fat free half-and-half (such as Land o Lakes®)
- 4 cubes ice cubes
- ½ cup 1% milk
- ¾ cup frozen orange juice concentrate
- ¼ teaspoon vanilla extract
- 1 scoop vanilla flavored whey protein powder
- 1 teaspoon orange-flavored fish oil

Directions

- Place half-and-half and ice cubes into a blender. Pulse until ice is crushed. Pour milk, orange juice concentrate, vanilla extract, protein powder, and fish oil into the half-and-half mixture. Blend until smooth. Serve immediately.

Nutrition Facts

Serving: **1 smoothie** | Calories: **564.1 kcal** | Carbohydrates: **94.5 g** | Protein: **30.5 g** | Saturated fat: **2.7 g** | Cholesterol: **41.1 mg** | Sodium: **150.8 mg** | Fiber: **1.7 g** | Sugar: **88.9 g**

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