



Clementine Smoothie

Yield: 2 servings

Ingredients:

- 1 ripe banana, best if frozen
- Zest of 1 orange (use your favorite orange - clementine, mandarin or naval)
- 2 oranges, peeled
- 1 drop clementine or wild orange essential oil
- 2 cups coconut milk (can also use almond, soy or rice milk)
- 5-10 dates
- 1 tbsp. chia seeds or flax seeds
- handful of ice

Directions:

1. Add the frozen banana, oranges, zest, nut milk, dates, essential oil, chia seeds and ice to a high-powered blender.
2. Blend on high for 1-2 minutes or until smooth and creamy.
3. Pour into a glass and serve. Enjoy!