



POPEYE'S ORANGE DREAM SMOOTHIE

INGREDIENTS

1/4 C FF half+half
1/2 C skim milk or water
2 C loosely packed
fresh spinach
2 C frozen orange segments
1/8 t vanilla

Add all ingredients to
blender in the
order listed
and blend.
Add a bit
more liquid if
needed for
smoothness.

INSTRUCTIONS

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PARADISE ORANGE DREAM SMOOTHIE

INGREDIENTS

3/4 C FF half+half
1 T cream of coconut
1 C frozen pineapple chunks
1.5 C frozen orange segments
1/8 t vanilla

Add all ingredients to
blender in the
order listed
and blend.
Add a bit
more liquid if
needed for
smoothness.

INSTRUCTIONS