

Orange Love Smoothie

Ingredients:

1 peeled orange

1 cup milk choice

1/4 cup apple juice

1/4 cup orange juice

1 scoop vanilla whey protein powder

Method:

Blend all ingredients together in a blender.

Pour and enjoy your nutritious drink!

As an added nice social activity, make a list and go for a shopping trip with the person you are caring for to buy the ingredients.

