

sorbet

ORANGE JULIUS



Your childhood fave just got a macro upgrade!

- ✓ 150ml milk of choice
- ✓ 100ml orange juice
- ✓ 5g fat/sugar free vanilla instant pudding mix
- ✓ 3g orange jello mix, sugar free - dissolved in 2 tbsp of boiling water
- ✓ 32g vanilla protein powder
- ✓ 1/2 tsp orange extract

macros per pint

28g protein
16g carbs
2g fat
8.7g sugar




Pro Tip

For an extra orange flavour, re-spin with a tbsp of orange juice instead of milk!

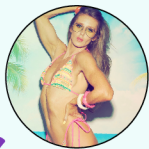


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DIRECTIONS



for the perfect pint

1 *Blend it up*

Blend all ingredients until smooth, then pour into your Creami pint. If the recipe calls for jello mix, dissolve it in 2 tbsp boiling water before adding.

2 *Freeze Flat*

Freeze your pint completely flat for 24 hours. Freeze with the lid off to prevent peaks.

3 *Time to Spin*

Use the “Sorbet” setting.

4 *Check Texture*

If it's crumbly or too firm, add 1 tbsp of milk (or milk alternative) and hit “Re-Spin.”

5 *Add Mix In's*

Make a small hole in the centre, add your favourite mix-ins, then run the “Mix-In” setting.

6 *Top it Off*

Drizzle. Sprinkle. Get chaotic 😜!