



WILD ORANGE SMOOTHIE

Using doTERRA Wild Orange Essential Oil

Blend together:

$\frac{3}{4}$ cup vanilla yogurt

$\frac{3}{4}$ cup skim milk (or dairy alternative)

3-4 mandarin oranges or 1 large orange

1-2 drops of Wild Orange Essential Oil

$\frac{1}{2}$ teaspoon vanilla extract

12-15 ice cubes