

Orange Ice Cream (Sherbet)

Prep Time: 5 Min
Serves 1

Ingredients

- 1 Packet of Stevia OR 5-7 drops of Vanilla Creme liquid Stevia
- 2 Tbsp of water OR 1Tbsp water + 1 Tbsp milk
- 1 frozen orange (about 10 frozen segments)

Instructions

- 1 Add all ingredients to blender
- 2 Blend until smooth & creamy
- 3 Enjoy immediately!

Notes

Substitute the orange with frozen strawberries or apples during Phase 2 or ANY choice of fruit once you are in Phase 3.

team victory / spray it away <http://sprayitaway.ca/>