



Healthdor

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## Creamsicle Milkshake ♦♦

A refreshing and creamy milkshake inspired by the classic creamsicle popsicle. It combines the flavors of orange and vanilla for a nostalgic treat.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>2 c</b>	vanilla ice cream
<b>1 c</b>	Orange juice
<b>1 tsp</b>	orange zest
<b>1 tsp</b>	vanilla extract
<b>0.5 c</b>	whipped cream
<b>2 pieces</b>	orange slices

1 c ice cubes

## Directions

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### Step 1

Blending

In a blender, combine vanilla ice cream, orange juice, orange zest, and vanilla extract.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blending

Blend until smooth and creamy.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Pour the milkshake into glasses and top with whipped cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 4

Garnish with orange slices and serve immediately.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 4 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	35 g	63.64%	70%
Fibers	1 g	2.63%	4%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Cuisines

Italian Chinese Indian Mexican French Thai Japanese  
Mediterranean Greek Spanish German Korean Vietnamese American  
Middle Eastern

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Grill

Slow Cooker

## Course

Appetizers

Drinks

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Christmas

## Cost

\$10 to \$20

\$20 to \$30

## Demographics

Kids Friendly

Teen Friendly

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

The Rice Diet

The F-Plan Diet

The Israeli Army Diet

The Breatharian Diet

The Werewolf Diet

The Five-Bite Diet

The Master Cleanse Diet

The Best Life Diet

The Bulletproof Diet

The Starch Solution Diet

The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)

The Anti-Candida Diet

The Dr. Sebi Diet

The Crohn's Disease Diet

The Ulcerative Colitis Diet

The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Salicylate Sensitivity Diet    The Diabetes Diet    The Hypothyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet

The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet    The Low-Fat Diet    The High-Protein Diet

The Low-Protein Diet    The High-Potassium Diet    The Low-Potassium Diet

The High-Iron Diet    The Low-Iron Diet    The Low-Phosphorus Diet

The High-Vitamin D Diet    The High-Vitamin C Diet    The High-Vitamin K Diet

The Low-Vitamin K Diet    The Low-Copper Diet    The Spring Detox Diet

The Summer Weight Loss Diet    The Fall Immunity-Boosting Diet

The Winter Warming Diet    The Low-Sulfur Diet    The High-Sulfur Diet

The Eczema Diet    The Psoriasis Diet    The Rosacea Diet    The Acne Diet

The Migraine Diet    The Celiac Disease Diet    The Gallbladder Diet

The Kidney Stone Diet    The Anti-Anxiety Diet    The Depression Diet

The Adrenal Fatigue Diet    The Endometriosis Diet    The Hashimoto's Disease Diet

The Lyme Disease Diet    The Diverticulitis Diet    The Restless Leg Syndrome Diet

The Tinnitus Diet    The Interstitial Cystitis Diet    The Gastroparesis Diet

The Menopause Diet    The Post-Pregnancy Diet    The Fertility Diet

The Breastfeeding Diet    The Low-Nickel Diet    The Chronic Urticaria Diet

The Dysphagia Diet    The Chronic Kidney Disease (CKD) Diet

The Raynaud's Disease Diet    The Sjögren's Syndrome Diet

The Low Tyramine Diet    The Lactose-Free Diet    The Fructose Malabsorption Diet

The Low-Histamine Diet    The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet

The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet

The Graves' Disease Diet    The Addison's Disease Diet

The Cushing's Syndrome Diet

The Ankylosing Spondylitis Diet

The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet

The Asthma Diet

The Sinusitis Diet

The Bronchiectasis Diet

The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

## Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

## Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

## Meal Type

Brunch

Lunch

Dinner

Snack

Supper

## Difficulty Level



Easy

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