

Power Shake – Orange Dreamsicle

The creamy treat of your childhood is now a delicious power shake! Perfect for a Phase 1 breakfast, this shake hits the 50% Fat, 25% Carb, 25% Protein ratios. Best of all, I've made a Dairy Free and Nut Free version too!

First and foremost, this shake makes use of my latest culinary trick – food grade essential oils! Although it says optional, I think it makes all the difference in bringing out that crisp orange flavor. I use doTerra oils, but feel free to use any brand that you prefer. The Dairy Free version calls for XCT oil or MCT oil in order to bring the fat content of the shake up. Essentially, it's a concentrated coconut oil that provides a great source of fat without the coconut flavor. Finally, for the Nut Free version, use 1 tablespoon Chia seeds in the dairy version or 3 tablespoons Chia seeds in the Vegan version. The chia seeds make the texture a bit thick, but still delicious. ENJOY! Check out some of my other power shakes, including the ever-popular [Cherry Chocolate!](#)

POWER SHAKE – ORANGE DREAMSICLE

3 small tangerines or 1 1/2 small oranges, peeled
and seeds removed
1 serving protein powder (I used Tera's Whey
Grass-fed)
1 cup whole milk

3 tablespoons heavy cream
1 tablespoon raw cashew pieces
1 teaspoon vanilla extract
Pinch of tangerine or orange zest (optional)
1 drop food grade orange essential oil (optional)

First, place all ingredients in a high powered blender, and then blend until smooth. For a less thick version, add the heavy cream at the end after all ingredients are well blended.

DAIRY-FREE VERSION

3 small tangerines or 1 1/2 small oranges, peeled
and seeds removed
1 serving protein powder (I used Garden of Life
Raw Protein)
1 cup unsweetened soymilk milk

Pinch of tangerine or orange zest (optional)
1/4 cup raw cashew pieces
1 teaspoon vanilla extract
1 tablespoon oil (I use XCT or MCT or coconut oil)
a drop food grade orange essential oil (optional)

First, place all ingredients in a high powered blender, and then blend until smooth.

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently