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**MetaBurn90 Sweet Treats**

**Almond Orange Creamsicle**

For a delicious and healthy frozen treat, look no further than these three-ingredient creamsicles. Made with orange juice, nonfat Greek yogurt, and almond butter, these easy homemade popsicles have no added sugar and about half the calories of ice cream, making them a perfect way to satisfy your sweet cravings without sabotaging your hard work.

Prep time: 8 hours Cook time: 0

Serving size 1 popsicle

Recipe yields 4 servings

**Ingredients**

1/2 cup orange juice

1 cup nonfat Greek yogurt

1/4 cup almond butter

**Directions**

1. Mix all ingredients in a blender until smooth.
2. Pour into popsicle molds and freeze for 8 hours or overnight.