



# VITAL CUISINE® L-EMENTAL®

## Orange Dream Pops







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### INGREDIENTS

**2 Servings**

1 (10 g) packet **VITAL CUISINE® L-EMENTAL® Arginine Drink Mix**, Orange Item: 41057

½ cup vanilla ice cream

¼ cup **VITAL CUISINE® Nutritious Juice Drink**, Orange Item: 16784\*

\*Plain orange juice may be used in place of Nutritious Juice Drink

### NUTRITION

**Serving Size:** 1 ice pop

**Calories:** 120

**Total Fat:** 4.5g

**Saturated Fat:** 2g

**Trans Fat:** 0g

**Cholesterol:** 15mg

**Sodium:** 30mg

**Total Carbs:** 15g

**Dietary Fiber:** 0g

**Total Sugars:** 11g

**Added Sugars:** 5g

**Protein:** 2g

**Calcium:** 4% DV

**Iron:** 0% DV

**Potassium:** 0% DV

### DIRECTIONS

1. Combine all ingredients in a blender and mix until smooth.
2. Pour into ice pop molds and freeze until solid.
3. Remove from mold and enjoy!

**Serving Suggestion:** Can also be served as a smoothie. Just pour into a glass and enjoy!