

Green Spring Smoothie

(or Shamrock Shake meets Girl Scout Thin Mints w/o the junk or guilt!)

Makes 1 serving

This smoothie has all the spring cleaning goodness for the body with spinach, mint and avocado. It will give you an extra spring to your step in the morning or afternoon when you need a pick me up.

Ingredients:

- 1 cup non dairy milk (almond or coconut)
- 1 cup packed baby spinach
- 4-8 mint leaves (depending on how minty you like it)
- 1/8 tsp. peppermint oil*
- 1 medjool date
- 1/2 tsp vanilla extract
- 2-3 drops liquid stevia*
- 1 scoop favorite protein powder (optional)
- handful of ice cubes
- 1/2 avocado
- 2 tbl. dark chocolate chips

* a little goes a LONG way

To do:

- Place milk, spinach, mint, peppermint, date, vanilla and stevia in high powered blender. Blend until spinach is liquid.
- Add ice (and protein powder if using) and blend.
- Add avocado and blend until smooth (not too long)
- Add chocolate chips and blend briefly (so looks like mint chocolate chip ice cream).
- Enjoy