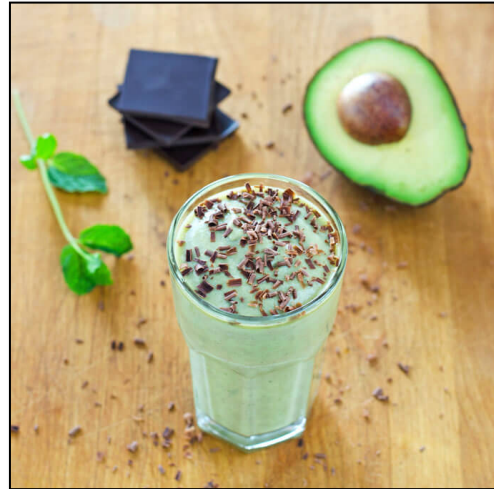


Mindful Shamrock Shake (Serves 6; ½ cup servings)

Ingredients:

- ¾ cup milk
- ½ cup plain greek yogurt
- 1 avocado
- 1 teaspoon vanilla extract
- Handful of spinach
- 10-15 fresh mint leaves
- 3 tablespoons honey
- ½ frozen banana
- ¾-1 cup ice
- ¼ cup shaved chocolate or mini chocolate chips
- Whipped Cream (optional topping)



Instructions:

1. Add all ingredients (except for the chocolate) to high-powered blender in the order listed above
2. Blend, starting on low speed and gradually increasing to high until your mixture is smooth
3. Add the chocolate to blender pitcher and stir in to mixture
4. Pour and serve immediately

Nutrition Facts: 174 calories, 6g fat, 43mg sodium, 28g carbohydrates, 3g fiber, 22g sugar, 4.5g protein

Compare to a Small McDonald's Shamrock Shake®:



Nutrition Facts:
 460 calories
 13g fat
 150 mg sodium
 74g carbohydrates
 0g fiber
 63g sugar
 10g protein