

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Mint Chip Milkshake

From www.yummymummykitchen.com

We really enjoyed this shake! If you like mint, you will enjoy it, and you can't taste the spinach at all. Also, I used the Dream Protein which is sold at the office for the protein powder.

Makes 2-4

- 2/3 cup unsweetened coconut or almond milk
- 1 banana (preferably peeled, sliced, and frozen)
- 3 cups baby spinach
- 1/4-1/2 tsp peppermint extract
- 1 sprig fresh mint leaves, plus more for garnish (optional)
- 1 scoop vanilla protein powder
- 3 cups ice cubes
- 2 Tbsp cocoa nibs or chocolate chips

1. Blend all ingredients except for cocoa nibs/chocolate chips until smooth. Add more milk if mixture is too thick to turn.
2. Add chocolate and pulse until ground into chunky pieces. Transfer to glasses and garnish with fresh mint leaves, if desired.