

Chocolate Mint Green Smoothie

The holiday season is upon us once again! With all the additional treats, we can often forget about our vegetables! Why not the best of both worlds? Try this decadent, green smoothie that is full of healthy antioxidants, fiber, and goodness. ENJOY!

Ingredients (serves 2)

- 2 cups water (optional: **unsweetened coconut or almond milk**)
- ½ cup **vanilla yogurt** (not needed if using milk)
- ½ **banana or avocado (barely ripe)**
- 1-2 tablespoons **unsweetened cocoa powder**
- 3 tablespoons **maple syrup**
- ½-1 teaspoon **peppermint extract**
- 1 cup **baby spinach**
- 2 cups **ice**
- Optional Additions - 1 tablespoon **flax seeds or chia seeds or hemp hearts**



Preparation

1. Add the first 6 ingredients (and any additional optional ingredients) to a blender container in the order listed. Cover and blend on high for 45 seconds, or until smooth. Taste test and adjust as necessary.
2. Add the ice. Cover and blend on high 15-20 seconds.
3. Pour and enjoy. Serve immediately.



Nutrition (per serving)

209 calories, 15g carbohydrates, 3.1g protein, 6.4g fiber

Source: www.healthy-delicious.com (adapted)